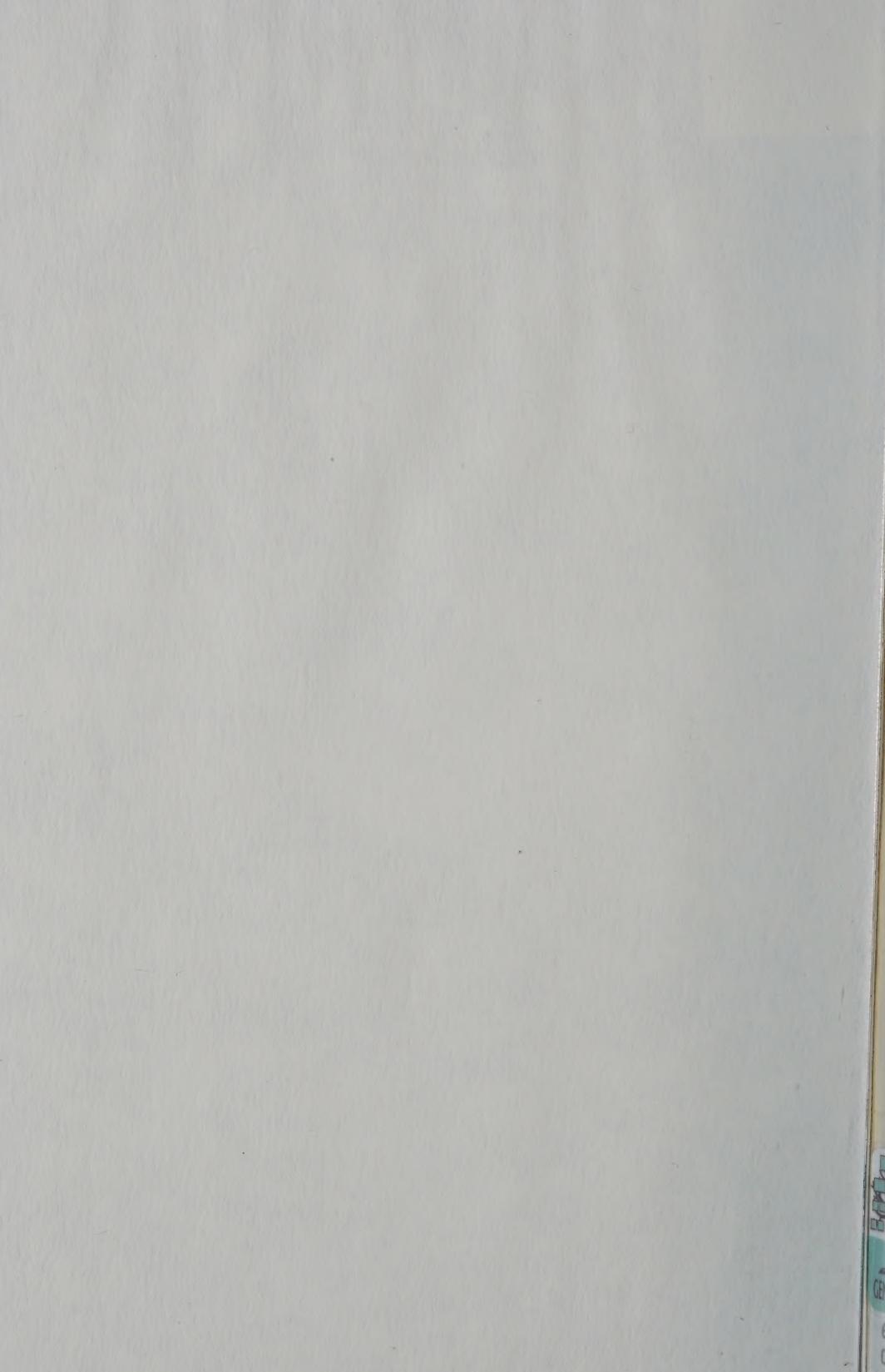






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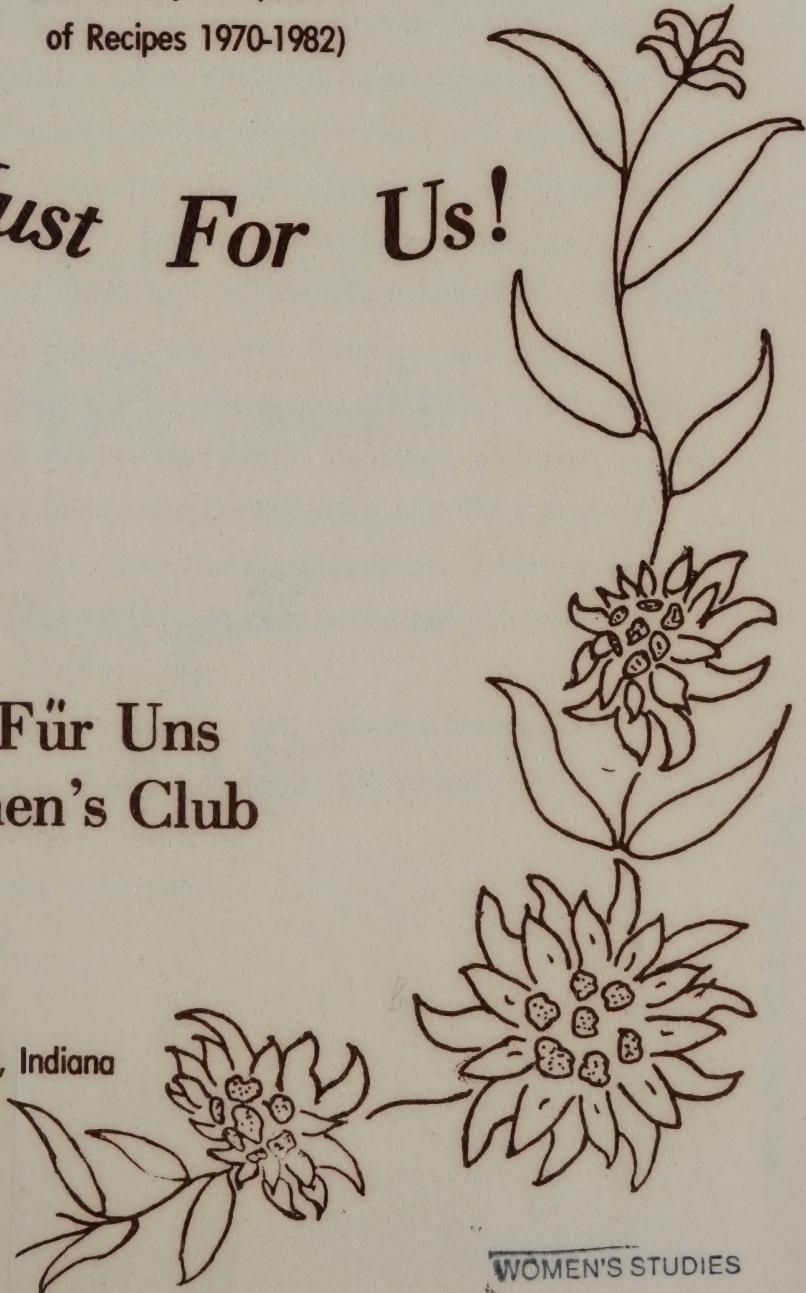


# Cooking through the Years

(A Culinary Compilation  
of Recipes 1970-1982)

## Just For Us!

Nur Für Uns  
Women's Club



WOMEN'S STUDIES

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From Nur für Uns

Women's Club

May 20, 1986

Pat Lannon, Pres.



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A new club was created in October, 1970. Its purpose: The encouragement of cooperation and understanding among women and advancement in knowledge of home economics through hospitality. The club was created by Sandy Mafera, sponsored by the Suburbanites Extension Homemakers Club of LaPorte, Indiana and promoted by Barbara Lake, DeKalb County Extension Agent. The first meeting brought together eleven women, all of whom were new to Auburn. November brought even more women who wanted to learn and share. By December the group needed a name. Pat Cannon suggested "Just For Us" and Monika Buckley translated the words into her native language, German, Nur Für Uns. In January the club flower, Edelweiss, (a small white blossom that can be found only on the highest mountains and obtained only through perserverance) was chosen along with the colors of ivory and gold -- the colors of the Edelweiss. Officers were elected and March 18, 1971 was set as the official installation date. Charter members are:

Sandy Mafera, President	Monika Buckley
Sharon Nelson, Vice President	Pat Cannon
Marnie Randolph, Secretary	Sue Gilliland
Mary Outland, Treasurer	Pat Gorsuch
Karen Baker	Janet MacKinnon
Chris Boldt	Janet McKean
Dee Brown	Donna Martin
Nancy Stevenson	



## NELSON'S CHEESE BALL

Sharon Nelson

3 oz. cream cheese  
1 glass Old English cheese  
1 glass Roka or  
Blue Cheese

1/2 tsp. garlic powder  
1/2 tsp. Worcestershire  
chopped nuts

Mix all ingredients. Roll into ball.

Refrigerate, roll in nuts. Wrap in plastic and refrigerate for 12 hours. Sharon served this along with popcorn that was popped in her new microwave oven away back in May of 1971. Lillian Ritchie also makes this cheese ball.. ask her daughter, Tammy will tell you all about it!

## HAM PINWHEELS

Dee Brown

5 slices boiled ham  
(or 8 oz. pkg.  
honeystyle loaf)  
8 oz. pkg. cream cheese

1 Tbsp. margarine  
1 tsp. onion juice  
1 Tbsp. horseradish  
salt and pepper to taste

Blend well. Spread on ham slices, roll ham slices jelly-roll type. Chill until firm or ready to serve. Slice crosswise. Makes many slices. Served at the Treasure Hunt Party, 1972.

## KAREN'S BIG DEAL LILY SANDWICHES

Karen Baker

bread, cut into rounds  
cream cheese, soften

carrot

Use water glass or cookie cutter to cut bread into rounds. Spread with cream cheese. Pinch one edge to make Lily. Place one sliver carrot in center for stamen. Served at the August Meeting, 1972.

## BIG DEAL

Patricia Mayhew Gorsuch

cheese - two different flavors  
olives - different kinds  
& colors

Assemble some of the cheese, cubed, with olives on toothpicks. Wrap meats around rest of cheese, cubed, and hold with toothpick. Mix whole bit up. BIG DEAL. Served at the Tasting Bee, 1973. Pat was awarded the coveted "Broken Spoon" for this amazing recipe.

## MARINATED MUSHROOMS

Sunny Liddell

1/3 c. vinegar	1 tsp. salt
1/3 c. salad oil	2 tsp. dried parsley flakes
1 tsp. prepared mustard	2 - 6 oz. can button
1 small onion - thinly sliced & separated in rings	mushrooms

Combine all in medium saucepan; bring to boil. Add two 6-oz. cans button mushrooms, drained. Simmer 6-7 minutes. Chill in covered bowl several hours, stirring occasionally. Makes two cups. Served at the Tasting Bee, 1973.

## HOT DRIED BEEF DIP

Dee Brown  
Ruth Randinelli

2 1/2 oz. jar dried beef, chopped	1/4 tsp. pepper
8 oz. pkg. cream cheese	1/2 tsp. garlic salt
2 Tbsp. milk to soften cheese	1/4 c. chopped green pepper
1/2 c. sour cream	1/2 c. chopped nuts
2 Tbsp. onion flakes or 1/4 c. chopped onion	

Combine all ingredients in small casserole. Melt 2 Tbsp. butter in skillet with 1/2 tsp. salt and stir in 1/2 c. chopped pecans or English walnuts and saute. Sprinkle nut mixture on top and bake at 350 degrees for 20-30 minutes or till brown. Served with crackers at the Tasting Bee, 1973.

## OLIVE CHEESE BALLS

Marynelle Keller

2 c. shredded sharp cheddar cheese	1/2 c. butter or margarine, melted
1 1/4 c. flour	36 pimiento - stuffed olives, drained

Mix cheese and flour. Add butter and mix thoroughly. If dough seems dry, work with hands. Mold 1 tsp. dough around each olive, shape into ball. Place 2 inches apart on ungreased baking sheet. Cover; chill at least one hour. Bake at 400 degrees for 15 minutes. Do not use self-rising flour. Served at the Tasting Bee, 1973.

## VEGETABLE DIP

Laurida Reeseman

Thousand Island dressing      chopped egg  
cream cheese

Combine and serve with assorted fresh vegetables. Served at the December Meeting, 1973.

## REUBEN APPETIZERS

Lynda Van Cleave

3 oz. cream cheese,  
softened  
1 tsp. instant minced  
onion  
16 oz. can sauerkraut  
12 oz. can corned beef

$\frac{1}{4}$  c. fine bread crumbs  
 $\frac{1}{2}$  c. all-purpose flour  
 $\frac{1}{2}$  c. evaporated milk  
 $\frac{1}{4}$  c. fine dry bread  
crumbs

Combine cream cheese and onion; add kraut, meat,  $\frac{1}{4}$  c. bread crumbs. Mix well. Shape in 1-inch balls. Roll in flour; dip in milk, then in remaining bread crumbs. Heat oil in fondue to 375 degrees; add 1 tsp. salt. Only takes about 1 minute to cook. Served at the New Years Eve Progressive Dinner, 1974.

## VEGETABLE OR CHIP DIP

Karen Baker

1 c. cottage cheese  
1 tsp. seasoning salt

1 tsp. onion powder  
1 tsp. parsley flakes

Blend in blender until smooth. Small amount of milk may be added if needed. If cottage cheese is room temperature, blending is easier. Meeting, 1975.

## GUACAMOLE

Janet MacKinnon

2 large avocado, mashed  
1 small onion, chopped  
    very fine  
3 jalapeno pepper (seeds out)  
    chopped fine

$\frac{1}{2}$  tsp. Worcestershire sauce  
2 tsp. taco sauce  
dash each: Tabasco sauce, garlic  
    salt, cumin, ground cloves,  
    chili powder

Mix together. If too hot, add mayonnaise.  
My short cut: 2 avocados, mashed; 1 chopped fresh tomato;  
2 tsp. salsa jalapeno; salt to taste. Avocados will ripen faster  
in dark place - drawer or paper bag. Served while visiting  
Indiana, July, 1977.

## LULU PASTE

Ruth Randinelli

2 eggs (beaten)  
2 Tbsp. sugar  
3 Tbsp. vinegar

6 oz. cream cheese  
small can pimiento  
onion (chopped)

Cook eggs, sugar and vinegar in double boiler until thick.  
Add cream cheese, pimiento, and onion. Serve with crackers.  
Ruth indulged us with this 'lulu' along with home made beef log.  
Served at the February meeting, 1978.

## CHILI CON QUESO

Ruth Randinelli

1 can chili peppers  
& tomatoes

1 lb. American cheese, grated

Put peppers and chopped tomatoes in double boiler. Add grated cheese and melt. Serve with chips.

Served at the Polaroid Party, July 1980.

## SALMON SPREAD

Lillian Ritchie

2 can red salmon  
15 1/2 oz.  
2 Tbsp. lemon juice  
2 tsp. prepared horseradish  
2 pkg. cream cheese  
(8 oz.), softened  
1/2 tsp. salt

1 Tbsp. grated onion  
(plus 1 tsp.)  
1 c. finely chopped pecans  
or walnuts  
coarsely ground black  
pepper  
fresh parsley

Drain salmon, remove skin and bones. Flake salmon. Combine next 7 ingredients; mix well and gently stir in salmon. Spoon mixture into well-oiled 5-cup mold. Chill several hours or overnight. Unmold and gently pat nuts over surface; garnish with parsley sprigs. Serve with assorted crackers.

Served at the August meeting, 1981.

## CHEESE SPREAD FINGER SANDWICHES

Karen Baker

8 oz. softened  
cream cheese  
3/4 c. chopped nuts  
1/4 c. chopped green  
pepper

3 Tbsp. chopped pimiento  
3 hard boiled eggs,  
chopped  
3/4 tsp. salt

1/4 C. CHOPPED ONION

Mix well. Spread on crustless bread - stack 3 slices, one on top of other with spread between. Cut into triangles. Can use party bread instead. Served at the Progressive Dinner, April 25, 1981.

## SHRIMP BUTTER

1 stick butter  
8 oz. cream cheese  
1 tsp. lemon juice  
1 can drained shrimp,  
7 oz.

Karen Baker

1 Tbsp. mayonnaise  
pinch garlic  
1 tsp. grated onion

Mix together. Chill. Good with Ritz and wheat crackers.  
Served at the Progressive Dinner, April 25, 1981.

## POLLY'S CHEESE BALL

8 oz. cream cheese,  
softened  
1 jar pineapple cheese

1 small can crushed  
pineapple  
1 pkg. 3 oz. chipped ham

Polly Alexander

Mix all ingredients. Roll into ball. Refrigerate.  
Served in appetizer course during Progressive Dinner, April  
1981.

## BEER CHEESE BALL

16 oz. cream cheese  
3 c. sharp cheddar cheese  
2 Tbsp. snipped parsley  
1 tsp. paprika

1/3 c. warm beer  
toasted almonds  
snipped parsley

Lane Yarian

Allow cheese to soften at room temperature for about 1 hour.  
Shread cheddar cheese. Beat cream cheese, paprika and  
parsley until well blended. Beat in shredded cheddar cheese  
and beer until smooth. Cover and chill one hour. Divide cheese  
in half. Mold into two balls or logs. Press almonds in  
cheese, sprinkle with parsley.  
Refrigerate 2 to 24 hours. Goes great with crackers especially  
while candlewicking, 83.

## BROILED CRAB SANDWICHES

Emily Heymann

6 1/2 oz. crab  
3 hard boiled eggs,  
chopped  
1 rib celery, finely  
diced  
2 Tbsp. mayonnaise

salt to taste  
dash garlic salt  
1/4 tsp. dill weed  
1 c. cubed Velveeta cheese  
3 English muffins

Combine crab, eggs, celery and seasonings. Moisten with  
mayonnaise. Split English muffins; spread with crab mixture.  
Top with cheese and broil until bubbly. Served with fresh orange  
slices at the Cookbook Workshop, March 1, 1983

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## BLENDER FRUIT PUNCHES

R. Randinelli/S. Liddell

1 small can lemonade  
8 oz. can crushed  
pineapple

10 oz. pkg. thawed  
strawberries  
3 qt. ginger ale

Blend lemonade and fruits in blender. Put into punch bowl and add ginger ale and ice. Ruth served at February, 1975 meeting.  
OR.....

1 can frozen limeade  
1 can rum

1 small box frozen strawberries  
crushed ice

In blender, combine limeade, rum and strawberries. Blend until frothy. Add ice.

## RASPBERRY COOLER

Kay Hurni

1 envelope raspberry  
Kool-Aid  
1 c. sugar  
4 c. cold water  
6 oz. frozen lemonade  
(thawed)

10 oz. pkg. frozen  
raspberries (thawed)  
28 oz. lemon-lime carbonated  
beverage (Sprite)

Combine Kool-Aid and sugar. Add water.

In blender, process until dissolved. Add lemonade, blending until dissolved. Add raspberries, blending gently. Chill.

Just before serving, add carbonated beverage. Serve over crushed ice.

Serves 10 to 12.

## CIDER CUP

Pat Cannon

1/2 gal. cider  
6 oz. orange juice  
1/2 c. light corn  
syrup

12 oz. ginger ale  
3 cinnamon sticks  
1 tsp. ground cloves  
1 tsp. allspice

Combine all ingredients in large kettle. Bring to boil, then simmer until ready to serve.

Pat served this delicious drink at numerous carolling parties and at the Christmas, 1981, meeting in her new home. Cider Cup was a must at the hoedowns at Karen Baker's.



## Salads, Vegetables, and Soups

### SEA GREEN MIST

Karen Baker

1 large box lime Jell-O  
1 - 13 oz. can crushed  
pineapple  
1 pkg. Dream Whip  
1 - 3 oz. cream cheese

1 c. sugar  
3 beaten eggs  
2 Tbsp. flour  
2 Tbsp. hot pineapple juice

1st. Make Jell-O and add drained pineapple. Let set.  
2nd Layer. Make Dream Whip according to directions, beat in  
cheese, spread on firm Jell-O.  
3rd layer: Mix sugar, eggs, flour, juice and heat. Cook until  
thick, spread on second layer.  
Makes 7x12 dish. Make a day ahead.  
Tasting Bee 1973.

### GREEK SALAD

Pat Cannon

head lettuce, chopped  
2 ribs diced celery  
can diced red beets  
small can pineapple  
chunks or crushed  
1/4 lb. feta cheese

1 green pepper  
1 chopped tomato  
green onions  
6 pepperocini (small HOT  
green peppers)

#### Dressing:

2 Tbsp. vinegar  
2 Tbsp. sugar

2 Tbsp. oil  
salt

Assemble salad in bowl. Pour dressing over and serve.  
Tasting Bee, 1973.

# FROZEN FRUIT FRPZEM FRIOT SALAD

Elaine Munton

1 envelope unflavored gelatin  
1 c. water, hot  
1/3 c. mayonnaise  
1 c. whipped cream

1 c. drained pineapple chunks  
1 c. sliced bananas  
1 c. fresh orange  
1/2 c. maraschino cherries  
2 Tbsp. lemon juice

Softens gelatin in water. Dissolve. Blend into mayonnaise and whipped cream. Fold in pineapple, bananas, orange, cherries and lemon juice. Pour into refrigerator tray.

Freeze. Tasting Bee 1973.

## SPECIAL POTATO SALAD

Karen Blood

2 tsp. onion  
6 c. cubed hot potatoes  
1 1/2 c. chopped celery  
1/2 c. Henri's Tas-tee dressing

salt and pepper to taste  
1 1/2 c. chopped hamburger dill pickles  
3 chopped hard-boiled eggs  
1 c. mayonnaise

Mix well together. Potluck August Meeting 1973.

## CURRIED RICE SALAD

Ann Parkhurst

1 pkg. or can fried rice  
1 can Mandarin oranges  
1 c. thinly sliced celery  
1/2 c. green onion

2 oz. jar pimiento  
1 tsp. curry powder  
1/2 c. vinegar and oil or Italian dressing

Mix all ingredients. Add dressing. Chill well. Could add water chestnuts if desired. Mother-Daughter Banquet 1976.

## SPINACH SALAD

Sue Southern

2 bags spinach or 1 bag spinach and 1 head lettuce  
2 cans water chestnuts sliced thin

4 hard boiled eggs, chopped  
1 can bean sprouts, drained  
1/2 lb. bacon, fried and crumbled

### Dressing:

1 Tbsp. Worcestershire sauce  
2 tsp. salt  
1/3 c. ketchup

1 c. salad oil  
1/4 c. dark vinegar  
1 chopped onion  
3/4 c. sugar

Mix well and let stand at least one hour before using. Put on salad JUST before serving. Mother-Daughter Banquet 1977.

## ORANGE CREAM FRUIT SALAD

Cheryl Kroemer

1 - 20 oz. can pineapple tidbits, drained	2 medium apples, cored and chopped
1 - 16 oz. can peach slices, drained	1 pkg. fr. vanilla instant pudding
1 - 11 oz. can Mandarin oranges, drained	1 1/2 c. milk
3 medium bananas sliced	3/4 c. sour cream
	1/2 can (6 oz.) frozen orange juice, thawed

In large bowl combine fruits, set aside. In bowl combine pudding mix, milk and juice. Beat with rotary mixer 1 - 2 minutes. Beat in sour cream. Fold into fruits. Cover and chill. Serves 10. February 1977.

## GERMAN POTATO SALAD for 25

Cheryl Kroemer

4-5 lb. potatoes,  
(boiled)

1 lb. bacon, fried crisp  
1 c. chopped celery  
2 Tbsp. parsley

Sauce:

2 c. water  
1 c. sugar  
1 c. vinegar

1 chopped onion  
9 hard boiled eggs, sliced

3 Tbsp. reserved  
bacon grease

Season potatoes after slicing. Pour off all but 3 Tbsp. bacon grease. Put bacon over potatoes. Add celery, parsley, onion. Stir sauce until dissolved, add 3 heaping Tbsp. corn starch and cook until thick and clear. Pour mixture boiling over potatoes and mix. Cover and let stand 1 hour. Fold in eggs and check seasoning.

Served at Mother-Daughter Banquet, May, 1977.

## CRANBERRY SALAD

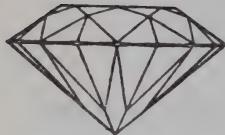
Dee Brown

1 lb. fresh cranberries,  
grated  
1 small can crushed pine-  
apple, drained

1 lb. miniature marshmallows  
1 c. whipped cream

Combine ingredients. Let stand overnight. Tastes like fresh strawberries. Christmas Potluck 1977.

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## EGGNOG CRANBERRY SALAD

Joey Aiken

3 oz. pkg. vanilla pudding  
3 oz. pkg. lemon gelatin  
2 Tbsp. lemon juice  
3 oz. pkg. raspberry gelatin  
16 oz. can whole cranberry  
sauce

1/2 tsp. ground nutmeg  
2 c. water

1/2 c. finely chopped  
celery  
1/4 c. chopped pecans  
1 envelope dessert topping

1 c. boiling water

In saucepan combine pudding mix, lemon Jell-O and 2 c. water. Cook and - until boils. Stir in lemon juice. Chill till partially set. Dissolve raspberry Jell-O in 1 c. boiling water; cook and stir. Beat in cranberry sauce. Fold in celery and nuts. Chill till partially set.

Prepare dessert topping (according to directions) add nutmeg, fold into pudding mixture. Pour half pudding into 8x8x2 inch pan. Let Set then add cranberry mixture. LET SET AGAIN. Add rest pudding mixture. Chill 6 hours or overnight. Serves 9. Christmas Potluck 1977.

## SKILLET CABBAGE

Jennifer Fessel

8 slices bacon  
4 c. shredded cabbage  
1 green pepper (chopped)  
2 large onions (chopped)

2 chopped ripe tomatoes  
2 c. diced celery  
2 Tbsp. sugar  
salt and pepper

Cut bacon into small pieces. Fry until crisp. Add all ingredients to bacon and drippings. Saute, cover and cook for 20 minutes.

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## WATERGATE SALAD

Jeannie Noel

1 - 3 oz. pistachio instant pudding	2 c. Cool Whip
1 - 15 oz. can crushed pineapple, NOT drained	1 c. miniature marshmallows
	1/2 c. chopped nuts

Combine all ingredients and refrigerate until well chilled - at least one hour.

Serves 8.

## CHERRY BLOSSOM SALAD

Joey Aiken

1 c. water	2 c. pitted dark sweet cherries
1 c. fruit syrup	1 lb. can, save juice
1 pkg. (6 oz.) cherry gelatin	1/3 c. slivered blanched almonds
1 pt. sour cream	

Pour boiling liquid over gelatin in small mixer bowl. Stirring gelatin til dissolved. COOL. Add sour cream; beat til smooth. Chill til slightly thickened but not set. Stir in cherries and almonds. Pour into 6 c. ring mold or into 10 individual molds. Chill until firm. Ann Parkhurst Picnic July 1980.

## CORN RELISH

Pat Cannon

1 can corn  
green pepper, onion, celery, pimiento to taste.

1/4 c. vinegar	1/2 c. sugar
1/4 c. water	1 Tbsp. flour
1 tsp. mustard	seasoning salt
onion salt	

Combine canned corn and remaining vegetables.  
Cook: vinegar, water, sugar, flour together and let cool.  
Add mustard, onion salt, seasoning salt. Mix with corn mix.  
Good accompaniment to ham. Christmas at Laurida's 1980.

## PEAR SALAD

Sandra Rauschenbach Mafera

3 oz. cream cheese mayonnaise	shredded lettuce can or fresh pears
----------------------------------	--

Mix cream cheese and real mayonnaise to spread. Put 1/2 pear on shredded lettuce per person. Spread cheese/mayonnaise on top of fruit. Progressive Dinner April 15, 1981.

## VEGETABLE SALAD

Joey Aiken

1 bunch broccoli  
1 head cauliflower  
1 small jar (1 c.) sliced mushrooms or fresh

1 c. sliced water chestnuts  
1 small can sliced black olives  
1 c. sliced celery

### Dressing:

1/2 tsp. pepper  
2 Tbsp. water  
3/4 c. vinegar

1 pkg. Good Season Italian dressing  
3/4 c. sugar  
1 c. oil

Cut up broccoli, cauliflower and mix with rest ingredients. Mix dressing and pour over vegetables. Refrigerate 2 to 4 hours. Serve with slotted spoon.

July 1982 Pot Luck.

## HOME-MADE SAUERKRAUT

Emily Heymann

large, firm heads cabbage  
early summer is best

salt  
water

Using slaw cutter, coarsely cut cabbage. Firmly pack into sterilized glass canning jars, pounding each layer firmly with handle of wooden spoon. Add 1 tsp. salt to each qt. cabbage, then fill jar with hot tap water (110-115 degrees). Be sure jar is completely filled with water - may take several minutes. Wash rim of jar, then close with canning lid and band, tightening by hand securely. Place outside in warm location (down-wind from your house. Sometimes there is strong fermenting aroma!) Cover with newspapers and dark plastic bag. Allow NO light to reach kraut as light will turn cabbage dark. Leave until cold weather, bring in before freezing. Allow to stand in house before cooking. A favorite recipe of mine is: Brown lean pork chops in margarine, then place in deep baking dish. Pour kraut and all juice over chops, then salt and pepper lightly. Bake 3-4 hours at 325 - 350 degrees. Serve with whipped potatoes. Any lean pork product is good. A workshop to make kraut was conducted in Emily's kitchen, with seven brave kraut cutters in attendance. When we cleaned the floor, we had several pounds of cabbage for Sunny's chickens, and over 150 quarts of kraut to mellow for winter. August, 1982.

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## APPLESAUCE JELL-O SALAD

Ann Parkhurst

1 large box cherry Jell-O	1/2 c. Red Hots
1 small can applesauce	2 c. boiling water

Mix Jell-O and Red Hots in boiling water. Add applesauce and let set. August Meeting 1973 Potluck. Served again by Karen Baker at February 1983 meeting at Mary Chapman's.

## POTATO-CHEESE CASSEROLE

Karen Blood

12 potatoes (boiled)	1/2 c. chopped green olives
1 medium onion	1/3 lb. Velveeta cheese
salt and pepper	6 slices bacon
1 pt. Hellman's mayonnaise	

Boil potatoes, dice, season with onion, salt and pepper. Mix in mayonnaise, olives, cheese; diced. Place in greased casserole. Crumble fried bacon on top. Bake at 350 for 30 minutes.

Tasting Bee 1973

## BROCCOLI CHEESE CASSEROLE

Gloria Lee

2 Tbsp. margarine, melted	1/4 c. (1 oz.) blue cheese
2 Tbsp. all purpose flour	1 c. milk
1/4 tsp. salt	2 - 10 oz. pkg. frozen broccoli
1 - 3 oz. pkg. cream cheese	1/3 c. finely crushed crackers

In saucepan, blend together butter, flour, salt and softened cheese. Add milk all at once; cook and stir until mixture boils. Stir in broccoli (cooked and drained). Turn into 1 qt. casserole; top with crumbs. (Use rich round crackers.) Bake at 350 for 30 minutes. 6-8 servings. August Meeting, 1973.

## HERBY GRILLED POTATOES

Lynda Van Cleave

3/4 c. butter	1/4 tsp. garlic powder
1/4 c. finely chopped celery	1/8 tsp. pepper
1 tsp. oregano	6 medium potatoes
1/2 tsp. salt	2 medium onions, thinly sliced

Continued. ....



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## HERBY GRILLED POTATOES

Lynda Van Cleave

3/4 c. butter	1/4 tsp. garlic powder
1/4 c. finely chopped celery	1/8 tsp. pepper
1 tsp. oregano	6 medium potatoes
1/2 tsp. salt	2 medium onions, thinly sliced

Combine in saucepan melted butter and celery - cook until tender. Stir in oregano, salt, garlic, and pepper. Cutting not quite through, slit potatoes into 1/2 inch slices. Place each potato on piece of foil large enough to wrap potatoes. Drizzle 1/2 butter mixture into slits. Insert half slice onion into each slit. Drizzle with remaining butter. Wrap with foil. Grill over hot coals 40-45 minutes. Makes 6 servings.  
(To speed up cooking, place in oven first.)  
1975.

## BROCCOLI-RICE CASSEROLE

Sue Southern

1 stick margarine	1 - 8 oz. jar Cheez Whiz
1 c. chopped celery	1 can cream chicken soup
1 c. chopped onion	10 oz. pkg. chopped broccoli
3 c. cooked rice	paprika

Saute celery, onion in margarine till tender. Add cooked rice to Cheez Whiz and cream chicken soup. Cook broccoli until tender and add to onion and celery. Mix two mixtures; bake in covered, ungreased casserole at 350 for 30 minutes. Uncover, sprinkle with paprika and bake 10 more minutes.

## SPINACH CASSEROLE

Elaine Munton

3 pkg. chopped spinach  
2 c. sour cream

1 pkg. dry onion soup  
1/2 c. grated cheddar cheese

Cook spinach; drain well. Mix with sour cream, and dry onion soup. Place in buttered casserole. Top with cheese. Bake 25 minutes at 350.

Mother-Daughter Banquet, 1977.

## ASPARAGUS CASSEROLE

Cheryl Kroemer

1 can asparagus or  
frozen  
3 hard boiled eggs  
1 c. cubed Velveeta  
cheese

1 can cream mushroom soup  
3/4 c. bread or  
cracker crumbs

Drain asparagus (thaw & rinse) frozen. Combine all ingredients and bake 30 minutes at 350. Served at Christmas Party 1977 at Laurida's.

## POTLUCK CABBAGE CASSEROLE

Ruth Randinelli

1 head cabbage (chopped)

### Sauce

1 Tbsp. butter  
1 c. water  
1 Tbsp. flour  
1 c. mayonnaise or  
1/2 c. Miracle Whip

1/4 tsp. dry mustard  
1/4 tsp. paprika  
lemon juice  
vinegar

Boil cabbage in 1 c. water. Drain. Make sauce, pour over cabbage. Do not stir. Bake 350 - 30 minutes. Toted to West Otter Lake, July, 1978.

## ZUCCHINI CASSEROLE

Joanie Wolff

zucchini  
onion  
Monteray Jack cheese

garlic salt  
tomato

Saute zucchini and onion (thinly sliced). Add 1 tomato and simmer until cooked. Melt Monteray Jack cheese on top. Garlic salt to taste. Can do on stove or in oven at 350 - 25 minutes. Ann Parkhurst Potluck at Eckhart Park, July 1980.

## HOT VEGETABLE PLATE

Laurida Reesman

fresh cauliflower

zucchini (sliced)

fresh broccoli (cut)

tomatoes

fresh carrots (sliced)

Arrange vegetables on plate and microwave, covered, for 9 minutes turning often. Drizzle butter over all vegetables, add sliced tomatoes and cook 1 minute. Add salt and pepper.  
Progressive Dinner April 25, 1981 at Laurida's.

## BROCCOLI CASSEROLE

Connie Menzie

2 pkg. frozen broccoli,  
chopped  
1/2 lb. Velveeta cheese

1 stick butter  
1/2 lb. Ritz crackers

Cook broccoli according to pkg. directions. Drain, grate Velveeta and add to drained broccoli. Stir until melted. In stick butter, lightly brown greater part of crushed Ritz crackers. Bake 30 minutes at 350 degrees.

## ONION SOUP

Monika Buckley

4 medium onions  
butter  
4 c. beef broth  
1 tsp. Worcestershire  
sauce

1/2 tsp. salt  
dash salt  
1/2 lb. Swiss cheese  
1 c. croutons or 4 slices  
toasted French bread

Brown onion in butter. Add broth, salt, and Worcestershire sauce. Place croutons or bread slices in individual serving bowls. Pour broth over bread. Float cheese slices on broth. Place in oven at 350 for few minutes until cheese is melted. Served at luncheon before club had it's name. 1970.

## VEGETABLE SOUP

Cheryl Kroemer

2 large, meaty beef  
shanks  
1 qt. tomatoes

4 beef bouillon cubes  
potatoes      carrots  
celery      onions

Put all in large kettle and fill with water until nearly to top. Bring to boil, then reduce heat to simmer and cook all day. Remove meat and cut into small pieces, returning meat back to stock. At this time add fresh potatoes, carrots, celery, onion and cook until done, bringing heat back up. New Years Eve 1975-6 at Lake James at Sue Southern's in-law's summer home.

## SUNNY'S BROCCOLI SOUP

Sunny Liddell

3 Tbsp. butter	1/2 c. milk
1 medium onion (chopped)	1 egg yolk
4 c. chicken stock	1/2 tsp. salt
1 1/2 lb. broccoli	1/4 tsp. pepper

Combine butter and onion cook until tender. Stir in chicken stock. Chop broccoli and stir into stock. Cover, cook until tender. Whisk milk and egg yolk in small bowl. Blend into soup. Cover and cook 5 minutes. Add salt and pepper. Transfer soup to blender, puree. Can be prepared ahead, reheat. Can be frozen. Served at Progressive Dinner April 25, 1981.

Serves 8.

## EASY BROCCOLI SOUP

Karen Baker

10 oz. pkg. chopped broccoli	2 c. processed cheese (cubed)
1 c. water	1/2 c. flour
2 c. milk	1/2 c. half and half

Cook broccoli in 1 c. water until tender. Do Not drain. In blender, process milk, cheese and flour until smooth. Pour over broccoli and water. Heat until thick. Characteristic of Nur Fur Uns, Karen made this soup, liked it so much she made another batch. She called some club members and announced she was bringing the soup, what time should we meet for lunch?

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## Meat and Poultry

### "ONLY GOD KNOWS STEW"

Pat Gorsuch

Get a big pot and put in cubed leftover meat, any kind except organ meats.

Include all leftover vegetables cooked or raw, including dressing - gravies or drippings - skim off fat from meat or add large can chicken or beef broth.

Mix and warm and season to taste. Serve with rolls, garlic bread or homemade bread.

Takes about a week to accumulate. Pat's tested recipe from 1972.

### SWEDISH MEAT BALLS

Marsha Cook

1 lb. ground beef  
1/2 c. fine stale bread crumbs  
1 egg  
4 Tbsp. water  
2/3 tsp. salt  
1/8 tsp. pepper

2 Tbsp. butter  
pinch sugar  
dash nutmeg  
dry parsley (for color)  
2 Tbsp. flour  
2 Tbsp. onion (optional)  
1 3/4 c. consomme

Combine first 8 ingredients and make into balls. Cover. Let stand for 1 hour.

Brown in hot grease. Make sauce by adding flour to melted butter and consomme. Bring to boil. Season with salt and pepper.

Simmer 1 hour. Served at the Tasting Bee 1973.

## SAUSAGE AND EGG SOUFFLE

Ann Parkhurst

6 eggs  
2 c. milk  
6 slices white bread,  
cubed  
1 tsp. salt

1 tsp. dry mustard  
1 lb. mild sausage  
1 c. packed grated cheddar  
cheese

Crumble and slightly brown sausage. Drain off grease, cool. In mixing bowl, beat eggs, add milk, salt and mustard. Add cubed bread and stir. Add cheese and sausage and put into 8x12 glass baking dish. Place in refrigerator overnight. Bake 45 minutes at 350 degrees. Set out a few minutes after baking; cut and serve. Enjoyed, sleepily at the New Years Eve Parties at 12 a.m.; 1973 and 1974.

## BEEF STEW

Roberta Andres

Brown pieces of stew beef in margarine. Add 1 can Campbell's minestrone soup, water, catsup and wine. I prefer Chianti (cheap, Gallo) to the traditional burgandy because it is lighter. Use 1/2 - 3/4 c. I usually season with salt, coarse ground pepper, garlic, Worcestershire sauce and little parsley (fresh if possible) and onion chopped fine. Bake for 2 or 3 hours at 275. For special occasion, use 1 large Tbsp. sour cream in bottom each bowl pour stew over it. Good sampler from 1976.

## RUTH'S SAUERKRAUT AND SAUSAGE

Ruth Randinelli

1 large can or bag  
sauerkraut, drained  
1 lb. Polish sausage,  
cooked  
1/2 c. ketchup  
1 apple, chopped

2 grated carrots  
1 Tbsp. brown sugar  
1 chopped onion  
celery seed, salt and pepper,  
to taste

Combine ingredients. Microwave covered on high for 8 minutes, turning 4 times.

Served at Mother-Daughter Potluck, Mother-Daughter Potluck, May, 1977.

## HOT DOG-FLOUR TORTILLA ROLL UP

Janet MacKinnon

10 tortillas  
10 hot dogs  
grated onion

1 bottle green taco sauce  
grated cheddar cheese

Warm flour tortilla. Slice hot dog lengthwise and grill. Place in middle tortilla. Top with grated onion, green taco sauce and cheddar cheese, grated. Fold ends in and sides over. Warm on both sides so cheese gets melted or warm in foil in oven. Also can use jack cheese or both cheeses together. Served on Janet's return visit from California, July, 1977.

## BEEF LOG

Ruth Randinelli

5 lb. hamburger (fat)  
2 1/2 tsp. whole mustard  
seed  
2 1/2 tsp. coarse pepper

2 1/2 tsp. garlic salt  
2 1/2 tsp. liquid smoke  
5 Tbsp. Morton's Tender Quick  
salt

Mix in bowl with fingers, cover and refrigerate first day. Remove once a day for 3 days - knead well for 5 minutes. On 4th day, divide into 6 or 7 rolls and place on broiler pan. Bake 9 hours at 200 degrees. (Turn over after 4 1/2 hour.) Remove from wrap in paper towel to remove grease. Wrap in Handi-Wrap. Refrigerate or freeze. February Meeting, 1978.

## BARBECUPS

Cheryl Kroemer

3/4 lb. ground beef  
1/2 c. barbecue sauce  
1 Tbsp. instant  
minced onion  
2 Tbsp. brown sugar

1 can (10) refrigerated  
biscuits  
1/2 c. shredded cheddar  
cheese

Brown ground beef. Drain. Add barbecue sauce, onion and brown sugar. Set aside. Separate biscuits. Put in greased muffin pan pressing dough up sides to edge of cup. Spoon meat mixture into cups and sprinkle each with cheese. Bake at 400 for 10-12 minutes or until golden brown. Served at Ann Parkhurst Picnic, July, 1980.

## HUNT ROAST WITH BERRY SAUCE

Elaine Munton

1 boneless pork loin  
roast - 3 lb.  
1 boneless beef round  
rump roast - 3 lb.  
1 tsp. salt

1/2 tsp. pepper  
1 can (16 oz.) whole berry  
cranberry sauce  
1/2 c. smoky barbecue sauce

Sprinkle pork with 1/2 tsp. salt and 1/4 tsp. pepper. Roast 45 minutes at 325 degrees. Then sprinkle salt and pepper on beef roast. Place on rack in roaster with pork roast. Continue roasting approximately 1 hour and 15 minutes, uncovered. Mix 1/3 c. pan drippings with cranberry sauce and barbecue sauce. Serve sauce over alternating slices pork and beef. Served at the New Years Eve Dinner, 1977, and the Christmas Dinner, 1981.

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# R. Florreich, Jeweler



Pulsar

SEIKO & BULOVA WATCHES  
ALL TYPES OF JEWELRY  
SILVER, GIFT ITEMS, CLOCKS,  
GRANDFATHER CLOCKS, LIGHTERS, GIFT CERTIFICATES  
GENUINE REGISTERED KEEPSAKE DEALER



308 S MAIN

DIAL 925-4262

## SPAGHETTI SAUCE

1 lb. ground beef or  
seasoned sausage  
1 lb. stewed tomatoes  
1 large can tomato  
paste  
2 small cans mushrooms  
1 Tbsp. parsley flakes

Brown meat with onion and salt, pepper and garlic powder. Drain any excess grease. Add all other ingredients. Simmer 2 hours. Pour over cooked spaghetti. Best served with proper utensils, but a lot more fun when eaten with a group using celery sticks as it was at the Schmidt's dinner party February 26, 1983.

## TURKEY DRESSING

4 eggs  
4 c. bread crumbs  
1/2 c. celery

Beat eggs; add all other ingredients. Stuff turkey. Bake 375 degrees for 3 hours. When 3 hours are up, get the hell out of the kitchen because the stuffing is going to blow the turkey's rear end right out of the oven! Served with laughter at a closed retreat.

Mary Chapman

1 Tbsp. sweet basil  
1 tsp. butter  
onion  
garlic powder  
salt and pepper  
1/2 tsp. sugar

Marynelle Keller

1/2 envelope Lipton onion  
soup mix  
1 c. unpopped popcorn

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## SALMON LOAF

Sandy Mafera

16 oz. can salmon  
16 (2x2) crushed crackers  
1 egg, slightly beaten

1 can drained peas (optional)  
1 tsp. lemon juice

### Sauce:

1/4 c. lemon juice  
1/4 c. melted butter

1/8 tsp. salt

Clean and de-bone salmon. Mix all ingredients together and pack in loaf pan. Bake 50 minutes at 350. Served with Lemon Sauce at the Tasting Bee, 1973.

## CHINESE CHICKEN

Nancy Stevenson

1 whole chicken (3 c.  
cooked, chopped)  
1 c. chopped celery  
1/2 c. chopped onion  
2 Tbsp. melted butter  
1 can mushroom soup

1 1/4 c. chicken broth  
6 drops Tabasco  
1/4 c. slivered almonds  
2 Tbsp. soy sauce  
1/8 tsp. pepper  
1 can water chestnuts

Saute onion and celery in butter until soft. Toast almonds in same skillet; add more butter if necessary. Combine all ingredients in 2 qt. dish. Bake at 350 degrees for 30 minutes. Served over rice at the Tasting Bee, 1973.

## CHICKEN DIVAN

Gloria Lee

2 (20 oz.) pkg. frozen  
broccoli or 2 fresh  
bunches  
2 c. sliced cooked  
chicken  
2 c. cream mushroom  
soup  
1 c. mayonnaise or  
salad dressing

1 tsp. lemon juice  
1/2 tsp. curry powder  
1/2 c. shredded sharp  
American cheese  
1/2 c. soft bread crumbs  
or croutons  
1 tsp. melted butter

Cook broccoli in boiling water, salted, until tender. Drain; arrange in greased baking dish. Place chicken on top. Combine soup, mayonnaise, lemon juice, and curry powder; pour over chicken. Sprinkle with cheese. Combine crumbs and butter. Sprinkle over all. Bake at 350 degrees for 25-30 minutes. Serves 6-8. Served at the Mother-Daughter Banquet, May, 1974.

# R. Florreich, Jeweler

Pulsar



308 S MAIN

SEIKO & BULOVA WATCHES

ALL TYPES OF JEWELRY

SILVER, GIFT ITEMS, CLOCKS,

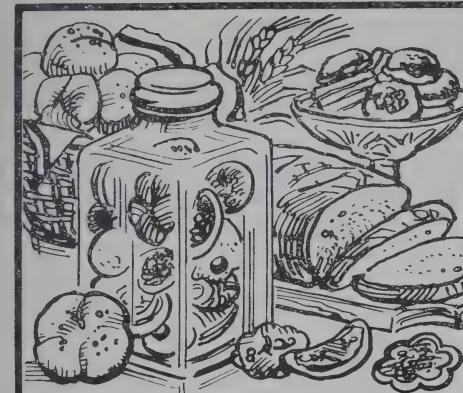
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# Bread, Rolls, and Cookies

## SOUR DOUGH STARTER

Sandy Mafera

Stir water into flour making smooth soft paste. Place in crock bowl; set in the sun until fermentation is well under way. (bubbly and sour) Divide sour starter into one cup measurements. For each cup starter add 1 c. flour, 1 c. milk every 5 to 7 days. This is called feeding. Do not use for 24 hours after feeding. Once a month add 1/4 c. sugar at feeding. Always keep at room temperature. Had enough sour dough for a while? You may freeze dough in one cup amount. When ready to make more sour dough bread, cookies, or coffee cake thaw the starter. Feed in 5-7 days. Wait one day and you are ready to begin again. Share some starter with friend. Made at workshop in January 1975.

## SOUR DOUGH BREAD

Sandy Mafera

1 pkg. yeast	1 tsp. sugar
3/4 c. warm water	pinch soda
1 c. starter	2 1/2 c. flour (approximately)
1 tsp. salt	

Soften yeast in water. Mix in starter. Add rest to make soft dough mix. Let rise in warm place, covered, til doubled. Turn out on floured board. Knead 7 minutes. Shape in loaf, cover, let rise till double. Bake 325 degrees 20 minutes, 400 degrees 10 minutes. Workshop January, 1975.

## SOUR DOUGH COFFEE CAKE

Sandy Mafera

1 c. starter	1/2 c. sugar
1 c. flour	1 tsp. cinnamon
3/4 tsp. soda	1 egg
1/4 tsp. salt	blueberries, nuts, dates,
1/3 c. oil	peaches, optional

Combine all ingredients. Sprinkle on topping of: 1 c. brown sugar; 1 tsp. cinnamon; 1/2 stick butter; 2 Tbsp. flour. Bake in 13x9 greased pan at 350 degrees 35-40 minutes. Prepared and served at the Sour Dough Workshop, 1975.

## ZUCCHINI BREAD

Sue Southern

3 eggs	3 c. flour
2 c. brown sugar	1 tsp. soda
2 c. zucchini (peeled & grated)	1/4 tsp. baking powder
1 c. oil	1 tsp. salt
2 tsp. vanilla	2 tsp. cinnamon
	1/2 c. nuts

Beat eggs until light; add next 4 ingredients - mix well (I use mixer.) Sift next 5 ingredients and mix with first mixture; add 1/2 c. nuts. Bake 2 loaves in greased bread pans at 350 degrees for 55 minutes - 1 hour. Served at the DeKalb Co. Ext. Tasting Bee, 1976.

## BLUEBERRY BREAD

Dee Brown

2 1/2 c. flour	6 Tbsp. butter
3/4 c. sugar	3/4 c. chopped nuts
1 Tbsp. baking powder	2 eggs
1/2 tsp. salt	1 tsp. vanilla
1 c. milk	1 1/2 c. blueberries

Mix with fork first four ingredients. Blend in butter; then add nuts. In separate bowl mix eggs with fork. Add milk and vanilla and add to flour mixture. Stir until just moistened. Gently stir in blueberries. Bake 350 degrees in greased large loaf pan for 1 hour and 20 minutes. Served at Tasting Bee, 1976.

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## RICH DINNER ROLLS

Marynelle Keller

1 c. milk	1/2 c. water
1/4 c. sugar	2 pkg. dry yeast
1 tsp. salt	2 eggs, beaten
1/4 c. oleo or 1/2 stick	5 1/4 c. unsifted flour

Scald milk; stir in sugar, salt, oleo. Cool to lukewarm. Warm water in large bowl, sprinkle in yeast. Stir until dissolved. Add lukewarm milk mixture, eggs, 2 c. flour. Beat until smooth. Stir in enough remaining flour for stiff dough. Knead 8-10 minutes on lightly floured board. Put into greased bowl and turn greased side up. Let rise 30 minutes or longer. Punch down. Divide into three equal parts, form each into roll 9 inch long. Cut that roll into 9 equal pieces, form into 9 equal pieces, form into smooth balls, and place in 3 greased 8 inch round cake pans. Cover. Let rise 30 minutes. Bake 375 degrees 15-20 minutes. Served at Christmas Potluck, 1977.

## ALL BRAN MUFFINS

Cheryl Kroemer

1 c. Crisco	5 tsp. soda
2 c. boiling water	5 c. flour
6 c. Bran Buds	3 c. sugar
4 eggs	3 tsp. salt
1 qt. buttermilk	3 c. cooked raisins

Mix Crisco and water. Let stand til cool. Add remaining ingredients and mix together with large spoon in 1/2 roaster pan. Cover and store in refrigerator - will keep for weeks. Bake at 350 degrees for 30 minutes. (Recipe may be cut in half.)  
Served at Karen Baker's, 1980.

## OATMEAL COOKIES

Barbara Lake

2 c. shortening	2 tsp. soda
2 c. white sugar	2 tsp. cinnamon
1 c. brown sugar	3 c. quick oats
2 beaten eggs	1 1/2 c. chopped nuts
3 c. flour	2 tsp. vanilla

Cream shortening and sugars. Add eggs. Add flour, soda and cinnamon to sugar and egg mixture. Mix well. Add oats, nuts and vanilla. Put walnut size pieces on greased cookie sheet. Butter bottom glass, dip in granulated sugar and flatten out dough. Resugar each time. Bake 350 for 10 minutes. Barbara was Extension agent at the time Nur Fur Uns was formed. Karen Block served these at bridge, 1973.

## DATE BALLS

Sharon Rockenbaugh

1/2 c. margarine  
1 egg  
1/2 c. white sugar  
1/2 c. brown sugar  
1 c. dates

1/2 c. chopped pecans  
1 tsp. vanilla  
2 c. Rice Krispies  
coconut

Blend first four ingredients and boil four minutes, stirring constantly. Add vanilla, nuts, Krispies and shape into walnut sized balls. Roll in coconut. Served at 1973 Tasting Bee.

## APPLE SHORTBREAD

Joan Wolff

1 c. soft butter  
or oleo  
1/2 c. plus 2 Tbsp.  
sugar

2 1/2 c. flour  
3/4 c. finely chopped  
apples

Cream butter and sugar. Stir in flour. Stir in apples. Mix thoroughly with hands. Chill. Roll dough on lightly floured board to 1/3 to 1/2 inch thick. Cut with floured cookie cutters or roll in balls and flatten between hands. Bake on ungreased cookie sheet at 300 for 20 - 25 minutes. Cool on racks. Frost and decorate. Made for cookie swap 1977. Makes 3 dozen.

## BUTTER COOKIES

Cheryl Kroemer

1 lb. butter  
1 c. brown sugar  
1 c. white sugar  
3 eggs

1 tsp. baking powder  
1 c. finely chopped nuts  
5 to 6 c. flour

Before serving at the February meeting in 1977 Cheryl mixed all ingredients together. Form into long rolls. Wrap in waxed paper and chill thoroughly. Slice and bake at 350 for 10 minutes or until just beginning to brown.

## CHOCOLATE BROWNIES

Sunny Liddell

2 sticks margarine, ~~1 egg~~  
melted  
1/3 plus 2 Tbsp. cocoa

1 1/2 c. flour  
2 c. sugar  
1 1/2 c. nuts

### Frosting:

1 square baking chocolate,  
melted  
1/2 tsp. vanilla

1 Tbsp. oleo  
1 Tbsp. milk  
2 c. powdered sugar

Continued.....

## CHOCOLATE BROWNIES (Continued)

Blend cocoa and melted margarine. Mix eggs, sugar, and flour, add to cocoa mixture. Add nuts. Put in greased 9x13 pan. Bake at 350 for 30 minutes. Cool. Mix all frosting ingredients and beat well. Frost cooled brownies. Served at August picnic in 1977.

## MINT SURPRISE COOKIES

Sue Southern

3 c. flour  
1 tsp. soda  
1/2 tsp. salt  
1 c. sugar  
1 c. soft butter  
or margarine

1/2 c. packed brown sugar  
2 eggs  
1 tsp. vanilla  
6 1/2 oz. pkg. chocolate mint  
candy wafers  
walnut halves

Combine all ingredients except candy wafers and walnuts. Mix at low speed until dough forms. Drop by scant teaspoonfuls on ungreased cookie sheet. Press candy wafer on top of each. Cover with scant teaspoon dough and seal to bottom layer of dough. Top with walnut half. Bake at 375 for 9 to 12 minutes. Served February 1977.

## PETITE CHEESECAKES

Cheryl Kroemer

1 1/2 oz. cream cheese  
3/4 c. sugar  
2 eggs  
1 Tbsp. lemon juice

1 tsp. vanilla  
1/2 box vanilla wafer  
crumbs  
1/2 can fruit pie filling

Put crumbs just covering bottom petite cupcake paper. Cream cheese, sugar, eggs, lemon juice and vanilla. Place scant teaspoon of cheese mixture on crumbs. Bake at 350 for 20 minutes. May be frozen at this point. Before serving fill with cherry or blueberry pie filling. 1 can makes dough for double recipe. Shared at the Cookie swap in 1977.

## CHRISTMAS DATE BARS

Ruth Messer

5 eggs (separated)  
1 tsp. baking powder  
1 c. sugar

1 c. flour  
1 lb. dates (chopped)  
1 1/2 c. chopped pecans

Beat egg yolks until light; add sugar. Sift flour and baking powder. Add dates and nuts to flour so as to separate them. Add to egg and sugar mixture. Fold into stiffly beaten egg whites. Pour in greased and floured pan. Bake at 325 for 30 minutes until tooth pick comes out clean. Cool, cut in bars. Coat with powdered sugar. Served at the 1977 cookie swap.

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## CREAMY CHERRY BARS

Pat Cannon

1/2 c. butter	3/4 tsp. almond extract
1/2 c. packed brown sugar	1/3 c. maraschino cherries
1 c. flour	1/2 c. chopped pecans
6 oz. cream cheese	1/2 c. flaked coconut
1/2 c. cottage cheese	
1 Tbsp. maraschino cherry juice	

Cream butter, gradually add sugar and beat until light and fluffy. Gradually add flour. Pat dough evenly over bottom 8 inch square baking pan. Bake at 350, 15-20 minutes. Meanwhile beat together cream cheese, cottage cheese, cherry juice and almond extract until fluffy. Fold in cherries. Spread over baked crust. Combine pecans and coconut and sprinkle over cheese filling. Bake 15 to 20 minutes longer at 350. Pat served this treat the day we made black paper silhouettes in her 5th street home, March, 1977.

## SEVEN LAYER COOKIES

Becky Schmidt

1 stick butter (melted)	6 oz. chocolate bits
1 heaping c. graham cracker crumbs	6 oz. butterscotch bits
1 c. coconut	1 c. chopped nuts
	1 can Eagle Brand milk

Becky says SO SIMPLE just melt butter in 8x8x2 pan. Spread each ingredients in layer just as mentioned in ingredients list. Bake at 350 for 30 minutes and cut when cool.

## CHOCOLATE CHIP BARS

Sue Sarbacker

2 eggs	1 1/2 tsp. baking powder
1 1/2 c. brown sugar	1 tsp. salt
3/4 c. cooking oil	1/2 c. chopped nuts
1 tsp. vanilla	1 c. chocolate or butterscotch
1 1/2 c. flour	or lemon chips

Mix eggs, brown sugar, oil and vanilla. Sift flour, baking powder and salt. Add to egg mixture. Add nuts and flavored chips. Mix well. Pour into well greased 13x9 pan. Bake at 350 for 25 minutes. Cut while warm. These freeze well, if you have any left over after the first bite! Brought to the Christmas 1981 Cookie Swap. Sue also served these bars at the cross-stitch workshop she conducted.

## CREAM CHEESE CRESENTS

Mary Chapman

4 c. flour	16 oz. cream cheese
1 lb. unsalted butter	

### Nut Filling:

20 oz. ground nuts	1/3 c. sugar
1/2 c. milk	4 Tbsp. melted butter

Mix all ingredients thoroughly. Pinch off dough into 50 balls. Put into refrigerator overnight. Roll out on powdered sugar board and fill with nut filling or jam. Bake at 350 for 20 to 25 minutes. Made for Mary's first Christmas cookie swap in 1982.

## SNICKERDOODLES

Becky Schmidt

1 c. shortening	2 tsp. cream tartar
1 1/2 c. sugar	1 tsp. baking soda
2 eggs	1/2 tsp. salt
2 3/4 c. sifted flour	

Cream shortening, sugar and eggs. Mix and add dry ingredients. Using large teaspoonful of dough roll into ball, then roll in mixture of 2 Tbsp. sugar and 2 tsp. cinnamon. Bake on ungreased cookie sheet at 400 for 8 to 12 minutes.  
Passed at the Christmas Cookie Exchange, 1982.

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## SORGHUM MOLASSES COOKIES

Lillie Ritchie

1 c. soft shortening	1 tsp. vanilla
1 c. brown sugar (packed)	3 1/2 c. sifted flour
2 eggs	2 tsp. soda
6 Tbsp. sorghum	1/2 tsp. salt

Mix thoroughly the sugar, salt, shortening and eggs. Stir in molasses and vanilla. Sift soda and flour together and stir in. Chill the mixture until firm. Form dough into balls on baking sheet, press into center of each a pecan half, or four raisins or 1/4 date. Bake at 350 for 10-12 minutes. Baked for 1982 Christmas cookie swap.

## CUCCIDOTES

Ruth Randinelli

2 lb. figs	1 c. sugar
1 lb. raisins	1 tsp. cloves
1/2 c. chopped nuts	1 c. cold coffee
juice 1 orange	1/2 juice glass whiskey

### Dough:

1 lb. shortening	1/2 c. milk
3 c. sugar	2 1/2 lb. flour
2 Tbsp. vanilla	4 tsp. baking powder
6 eggs	2 tsp. soda

Grind figs and raisins together. Add remaining filling ingredients. Keep refrigerated and covered.

Dough: Cream shortening, sugar, add eggs and vanilla. Add dry ingredients alternately with milk. Mix well. Roll out dough. Cut 3 inch strips. Fill center lengthwise of strips and fold over edges. Cut into cookie size sections. Bake at 350 until lightly brown. Cookie swap 1982.

## STARLIGHT SUGAR CRISPS

Sharon Nelson

1 cake yeast	1/2 c. butter
1/4 c. lukewarm water	1/2 c. shortening
3 1/2 c. flour	2 beaten eggs
1 1/2 tsp. salt	1/2 c. sour cream
3 tsp. vanilla	1 1/2 c. sugar

Soften yeast in warm water. Sift flour with salt, cut in butter & shortening. Blend in eggs, sour cream and 1 tsp. vanilla, and yeast. Mix well. Cover, chill at least two hours. Mix sugar and 2 tsp. vanilla. Sprinkle board with 1/2 c. sugar-vanilla mixture, roll 1/2 dough to 16x8 rectangle. Sprinkle with sugar-vanilla mix.

Continued.....

## STARLIGHT SUGAR CRISPS (Continued)

Fold one end to center and lap other end over envelope style. Turn 1/4 turn and repeat rolling to 16x8 rectangle. Repeat sugar-vanilla mix in center 1/3 and fold again 3 layers envelope style. Repeat rolling and turning for four turns. Roll 1/4 inch thick. Cut in 4 inch strips 1 inch wide. Twist as you place strips on ungreased cookie sheet. Repeat with remaining 1/2 dough. Keep dough chilled until used. Bake at 375 for 15-20 minutes. Made for Chinese New Years 1983. Makes 5 dozen.

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Write Extra Recipes Here:

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# **Rediger's**

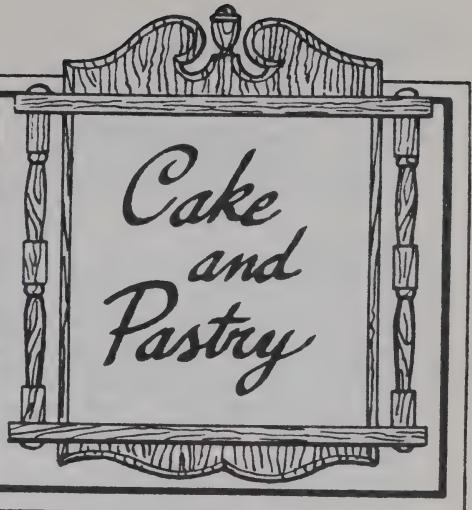
# **Country Cheese Store**

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1732 South Indiana Avenue Auburn, Indiana 46706  
Phone: (219) 925-1822

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## HARVEY WALLBANGER CAKE

Sandy Mafera

1 orange cake mix  
1/2 c. oil  
4 eggs  
1/4 c. vodka

1/4 c. Galliano  
3 oz. instant vanilla pudding  
3/4 c. orange juice

### Glaze:

1 c. XXX sugar  
1 1/2 Tbsp. Gailliano

1 1/2 Tbsp. vodka  
1 1/2 Tbsp. orange juice

Mix all ingredients together. Beat for 2 minutes. Pour into 10 inch greased and floured bundt or angel food cake pan. Bake at 350 for 45 to 55 minutes. Cool in pan. Mix glaze ingredients. Drizzle over cooled cake. Served on a drizzly day, January 20, 1972.

## FLAMING CHANTILLY CAKE

Karen Blood

1 lemon cake mix  
1 lemon frosting mix  
2 c. whipping cream  
1/2 c. seedless grapes

1/2 c. pistachio nuts  
2 fresh lemons  
8 sugar cubes  
2 tsp. lemon extract

Prepare cake according to box directions. Bake in 2 nine inch layers. Make frosting and add whipped cream. Use 1 c. frosting and whipped cream mixed. Fold in nuts and grapes. Spread between layers. Use remaining frosting on top and sides. Refrigerate at least 2 hours. For Flame cut lemon in half crosswise, scoop out pulp and scallop edges. Press lemon cup into top of cake. Just before serving place sugar cubes in cup, pour lemon extract over cubes and ignite. A flaming success served in January 1973.

## STRAWBERRY CAKE

Ann Parkhurst

1 pkg. white cake mix  
3 oz. strawberry Jell-O  
3/4 c. salad oil  
4 Tbsp. flour

4 eggs  
10 oz. frozen strawberries  
1/2 c. water

Topping:  
1 lb. XXX sugar

1 stick margarine

Thaw strawberries. Divide in two equal amounts. Use 1/2 strawberries and mix with all other ingredients for cake. Pour into 13x9 pan. Bake at 350 for 35 minutes. Beat powdered sugar, margarine, and remaining strawberries until smooth. Frost cake immediately after baking. Served February 1973.

## CHOCOLATE SHEET CAKE

Donna Martin

### Cake:

4 Tbsp. cocoa  
1 c. water  
1 stick margarine  
1/2 c. shortening  
2 c. sugar

2 c. flour  
2 eggs  
1 tsp. vanilla  
1 tsp. soda  
1/2 c. buttermilk

### Icing:

1/2 c. nuts  
4 Tbsp. cocoa  
1 stick margarine

6 Tbsp. milk  
1 lb. confectioners' sugar  
1 tsp. vanilla

Mix cocoa, water, margarine and shortening. Bring to full boil. Pour over sugar and flour in large mixing bowl. Beat together eggs, vanilla, soda and buttermilk. Add to bowl. Mix well. Pour into jelly roll pan and bake at 400 for 20 minutes. Bring cocoa and margarine to boil. Remove from heat. Add milk, sugar, vanilla and nuts. Pour over cake when you take it from the oven. Donn'a speciality is cakes of all types. She created this for 1973 Tasting Bee.

## RHUBARB CAKE

Gloria Lee

1 1/2 c. brown sugar  
1/2 c. shortening  
dash salt  
1 tsp. vanilla  
1 tsp. soda

1 c. sour or butter milk  
2 c. flour  
1 1/3 c. diced rhubarb  
1/4 c. white sugar  
cinnamon

Cream brown sugar and shortening. Add vanilla, milk, soda and flour. Fold in rhubarb and pour into greased 9x13 pan. Sprinkle with sugar and cinnamon. Bake at 350 for 35 to 40 minutes. Best served in purple tights as it was at a workshop in 1973.

## GOURMET CHEESE CAKE

Ann Parkhurst

1 1/2 c. graham cracker crumbs	1 tsp. vanilla
1/3 c. butter	2 eggs
1/2 tsp. sugar	1/2 c. sugar
12 oz. cream cheese	1 c. sour cream
	salt

Made originally for the 1973 Tasting Bee this recipe has been served many times. Mix together first three ingredients. Pat into 9 inch pie pan. Beat cheese, vanilla, sugar, eggs, salt until smooth. Pour into crust. Bake at 375 for 20 minutes. Let cool. Blend 2 tsp. sugar and sour cream. Spread over top and bake 5 minutes at 450.

## BRUNCH COFFEE CAKE

Janet McKean

1/4 lb. margarine	1 tsp. soda
2 c. flour	1 egg
1 c. brown sugar	1 tsp. vanilla
1/2 c. sugar	6 Heath bars
1 c. buttermilk	1/4 c. pecans

Blend flour, margarine and sugars. Take out 1 c. To rest, add buttermilk, egg, soda, and vanilla. Blend well. Pour into greased and floured 9x9 cake pan. For topping, crush Heath bars fine; add nuts and 1 c. flour mixture. Sprinkle over top batter. Bake 30 minutes at 350 degrees. Cut into squares. Served at Workshop, 1973.

## AUTUMN CAKE LOAF

Joanne Aiken

1 1/2 c. flour	1/2 c. butter or margarine
1 tsp. baking soda	1 c. sugar
1/2 tsp. salt	1 tsp. vanilla
1 tsp. cinnamon	2 eggs
1/2 tsp. nutmeg	3/4 c. solid pack pumpkin
1/4 tsp. ginger	3/4 c. chocolate morsels
1/4 tsp. cloves	1/2 c. chopped walnuts

### Glaze:

1/2 c. sifted XXX sugar	cream
1/8 tsp. cinnamon & nutmeg	

Continued.....



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## AUTUMN CAKE LOAF (Continued)

Grease bottom 9x5x3 loaf pan. Preheat oven 350 degrees. Sift together flour, baking soda, salt, and spices. Cream butter in large mixing bowl. Gradually add sugar, beating with mixer until light and fluffy. Add vanilla. Blend in eggs; beat well. Add dry ingredients, alternately with pumpkin, beginning and ending with dry ingredients. Stir in chocolate morsels and 1/4 c. nuts. Spread in pan; sprinkle with remaining nuts. Bake at 350 for 60-70 minutes. Cool 15 minutes. Remove from pan. Drizzle with glaze when cooled. Let stand 6 hours before slicing.

Glaze: 1/2 c. confectioners, 1/8 tsp. cinnamon, 1/8 tsp. nutmeg. Blend in 1 to 2 Tbsp. cream.

Served at Workshop, 1973.

## CHOCO-DATE CAKE

1 1/2 c. boiling water  
1 1/2 c. chopped dates  
1 1/2 tsp. baking soda  
1 1/2 c. shortening  
1 1/2 c. sugar  
3 eggs

2 1/4 c. flour  
4 1/2 Tbsp. cocoa  
pinch salt  
6 oz. chocolate chips  
1 c. walnuts (chopped)  
1/3 c. white sugar

Laurida Reesman

Add dates to boiling water. Remove from heat. Add baking soda. Stir until fizzes then set aside to cool. Cream shortening, sugar and eggs. Add date mixture to creamed mixture alternately with flour mixture. Top with chips, nuts and sugar. Bake at 350 for 40-45 minutes. Served in September 1973 at Laurida's North Van Buren Street home.

## POUND CAKE

Joan Wolff

1 c. butter  
(no substitute)

1 2/3 c. sugar  
5 eggs

2 c. flour  
1/2 tsp. almond flavoring

Work butter until creamy; beat in sugar and eggs, one at time. Add flavoring. When creamy, fold in flour with spoon. Spread in buttered and floured loaf pan. Bake 1 1/2 hour at 300 degrees, until done. Served in 1975 at Pat Gorsuch's.

## MAPLE NUT CHIFFON CAKE & FROSTING

Cheryl Kroemer

### Cake:

2 1/4 c. flour  
3 tsp. baking powder  
3/4 c. brown sugar  
5 egg yolks  
8 egg whites  
2 tsp. maple flavoring

1/2 tsp. cream tartar  
3/4 c. sugar  
1 tsp. salt  
1/2 c. oil  
3/4 c. cold water  
1 c. walnuts (chopped)

### Frosting:

1/2 stick butter  
1 1/2 tsp. maple flavoring

4 c. sifted powdered sugar  
light cream

Sift flour, sugar, baking powder and salt into mixing bowl. Stir in brown sugar. Make well in dry ingredients and add in order: oil, yolk, water, and flavoring. Beat until satin smooth. Combine egg whites and cream tartar, beat until very stiff. Pour batter in thin stream over entire surface of egg whites. Carefully fold mixture. Fold in nuts. Bake in ungreased tube pan at 325 for 55 minutes; increase heat to 350 and bake 10 to 15 minutes more. Invert pan and let cool completely. Beat together butter, maple flavoring, sugar and enough light cream to spreading consistency. Frost cooled cake. Serve same day. Does not last long. Enjoyed at the March meeting, 1976.

## BIG DEAL LEMON ICE BOX CAKE

Pat Gorsuch

1 Tbsp. (pkg.) Knox  
gelatin  
1/4 c. cold water  
1/2 c. hot water  
3 eggs, separated  
1 c. sugar

1/2 tsp. vanilla  
1 Tbsp. Real lemon juice  
1 Tbsp. lemon rind  
1/2 pt. whipping cream  
2 pkg. lady fingers

Continued.....

## BIG DEAL LEMON ICE BOX CAKE (Continued)

Dissolve gelatin in cold water - add hot water. Stir well. Beat egg yolks with sugar until pale yellow - fold in gelatin mixture then lemon juice, rind and vanilla. Let set until congealed. Fold in whipped cream and beaten egg whites. Line bottom 13x9 pan with lady fingers, filling, and rest lady fingers on top. Let stand in refrigerator overnight or several hours.

Sue Southern's tour of Eckhart library July 1976.

### PINEAPPLE CHEESE CAKE

Potluck Special

2 c. flour  
2 tsp. baking powder  
2 c. sugar

2 eggs (beaten)  
1 #2 can crushed pineapple

#### Topping:

8 oz. cream cheese  
1 stick oleo

1 tsp. vanilla  
1 c. powdered sugar

Mix flour, baking powder, sugar, eggs and pineapple with juice with spoon. Pour into 9x13 pan, greased. Bake 350 for 30 to 40 minutes. Cool.

Mix topping ingredients with mixer until smooth and creamy. Refrigerate few hours before serving. At Ann Parkhurst Potluck Picnic at Eckhart Park in July 1980, Karen Baker, Janet McKean and Polly Alexander all brought this yummy cheese cake.

### JAPANESE FRUIT CAKE

Sandy Mafera

Juice 1 orange & 1 lemon  
1 c. sugar  
1 c. raisins  
1/3 c. butter  
1 egg

2 c. sifted flour  
1 tsp. soda  
1 c. buttermilk  
1 c. nuts (chopped)  
1 c. sugar

ONE

Mix juices with sugar; set aside for glaze.

Cream butter, sugar, egg; add soda to buttermilk. Add flour alternately with buttermilk to creamed ingredients. Grind in blender: rinds lemon and orange and raisins. Add nuts. Bake 350 degrees for 35 minutes. Cool 10 minutes. Pour sugar and juice over warm cake. Cool before slicing. Served at Progressive Dinner, 4-25-81.

2 C. SUGAR  
TOTAL

## HEATH BAR CAKE

Cheryl Kroemer

1/2 c. cocoa  
2 tsp. soda  
1/2 c. water  
1/2 stick butter  
1 stick margarine  
1 3/4 c. sugar  
2 eggs (separated)  
3/4 c. buttermilk

2 c. sifted flour  
8 oz. cream cheese  
3 oz. instant vanilla  
pudding  
1 3/4 c. milk  
1 large Cool Whip  
6 Heath bars

Mix cocoa, soda and water. Let stand while creaming butter, margarine, sugar, egg yolks and buttermilk. Sift flour and mix with creamed ingredients. Add cocoa mixture. Fold all ingredients into 2 BEATEN egg whites. Bake in 9x13 pan for 30 minutes or two layer pans for 20-25 minutes. Beat together softened cream cheese and instant pudding and milk until creamy. Spread between layers and sprinkle with 2 crushed Heath bars. Spread top layer with filling and 2 more crushed Heath bars. Spread Cool Whip over all and sprinkle with 2 more Heath bars. Cheryl suggests freezing Heath bars then put in bread bag and hit with hammer to crush. Not one calorie in bites enjoyed at potluck July 1982.

## BLITZ TORTE

1/2 c. butter  
4 egg yolks  
2 tsp. vanilla  
1 tsp. baking powder

1/2 c. sugar  
1/4 c. milk  
1 c. flour

### Topping for batter:

4 egg whites  
1 c. sugar  
1/4 tsp. cream tartar

3 oz. instant French  
vanilla pudding

Mix together and beat until really thoroughly blended. Pour into 2 greased and waxed paper layer cake pans.

### Topping to be put on cake batter:

Beat egg whites, sugar and cream tartar til very thick and smooth (3-4 minutes). Pour over top of cake batter and bring topping to all sides to cover cake batter. Sprinkle with chopped walnuts and bake at 350 degrees for 25 minutes. Let cool 10-15 minutes, then remove one layer and carefully place right side up on serving plate. Make one pkg. instant French vanilla pudding. When thick spread all pudding on top layer cake.

Continued. ....

## BLITZ TORTE (Continued)

Remove second torte from pan and place right side up on top of pudding.

Refrigerate until ready to serve -- should be entirely chilled.

Serves 12 - 14 people. Christmas Luncheon Dessert 1982

December meeting and party. Gorsuch's 25 th anniversary gift given.

### FRIENDSHIP CAKE

Lillian Ritchie

1 1/2 c. starter juice  
1 large can peaches  
2 1/2 c. sugar  
1 large can crushed  
pineapple  
2 1/2 c. sugar  
16 oz. maraschino cherries

3 boxes yellow cake mix  
3 boxes INSTANT vanilla  
pudding  
3 c. chopped nuts  
2 c. vegetable oil  
12 eggs

#### Frosting:

16 oz. cream cheese  
2 sticks margarine

2 lb. confectioners' sugar  
2 tsp. vanilla

Combine starter, sugar and peaches with juice in large gallon size crock or jar. Cover, but not tightly, leave at room temperature. Stir once a day for 10 days. Add pineapple with juice and sugar. Stir once a day for 10 days. Add cherries that have been drained and quartered. Stir once a day for 10 days. On 30th day drain off juice into 1 1/2 c. jars and give to friends. Use fruit to mix with cake mix, pudding, oil, nuts; and eggs. Combine all ingredients and divide into 3 tube pans. Bake at 325-350 for 40-60 minutes.

Frosting: Cream margarine and cheese. Add sugar and vanilla. This was given by Lillian as an exchange gift Christmas 1982. Kitchen counters have held brewing fruit ever since.

### BAKER'S BANANA BUNDT CAKE

Karen Baker

1 banana cake mix  
3 oz. instant  
vanilla pudding  
3/4 c. oil

3/4 c. water  
4 eggs  
1 tsp. vanilla

Crumb mix:  
2 tsp. cinnamon  
1/4 c. brown sugar

1/2 c. nuts

Glaze:  
2 1/4 c. XXX sugar  
3 Tbsp. milk

1 1/2 tsp. vanilla

Continued.....

## BAKER'S BANANA BUNDT CAKE (Continued)

Beat cake mix, pudding, oil, water, eggs, and vanilla on high speed for 6 minutes. Mix together cinnamon, brown sugar and nuts. Pour 1/3 batter in bundt pan, sprinkle 1/2 sugar mixture on batter. Repeat, ending with batter. Bake at 350 for 1 hour. Mix glaze ingredients. Put on cake while still warm. Served at 'sit down' luncheon at Mary Chapman's in February 1983.

### YOGURT COFFEE CAKE

Lana Yarian

2 sticks butter  
1 3/4 c. sugar  
2 eggs  
1 c. plain yogurt  
1 tsp. vanilla  
1 tsp. cinnamon

1 c. all purpose flour  
1 c. whole wheat flour  
1 1/2 tsp. baking powder  
1 tsp. soda  
1/2 tsp. salt

#### Topping:

1 tsp. flour  
1 c. chopped nuts

1/4 c. sugar  
1 tsp. cinnamon

Grease 9 inch tube pan. Preheat oven to 350. With electric mixer creambutter and sugar until light and fluffy. Beat in eggs. When smooth beat in yogurt, vanilla and cinnamon. In separate bowl mix dry ingredients. Add to yogurt mixture. Beat until smooth and satiny. Mix topping ingredients. Spoon half batter into pan. Use half topping on batter. Add remaining batter, smooth surface and add remaining topping. Bake 50 to 60 minutes or until toothpick comes out clean. Cool in pan for 20 minutes. Turn out topping side UP. Allow to cool before slicing if you can wait!

### CHOCOLATE CHEESE PIE

Janet McKean

1 c. undiluted evaporated  
milk  
1 c. chocolate chips  
2 eggs

1/3 c. sugar  
8 oz. pkg. cream cheese  
9 inch graham cracker crust

Pour 1/2 c. milk in ice cube tray. Place in freezer until ice crystals form around edges. Heat remaining milk. Put chocolate chips and hot milk in blender and process until smooth. Remove lid and add egg yolks one at time, processing few seconds after each addition. Add sugar; process until blended. Add cream cheese pieces, one at time, processing few seconds after each addition. After last piece cheese has been added, pour in chilled milk and process until smooth and creamy. Pour into pie shell and refrigerate until firm. Janet served this dessert in June 1973, at her Superior Street home.



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## STRAWBERRY ICE CREAM PIE

Ruth Randinelli

Dissolve Jell-O in water; add strawberries. Dissolve ice cream in gelatin mixture. Chill until thickened, then turn into pie shell. Chill until firm. Graham cracker crust or pastry shell may be used. Ruth served this Valentine's Day creation in February, 1975.

## FRENCH CHOCOLATE SILK CREAM PIE Lynda Van Cleave

1 c. plus 2 Tbsp. sugar	3 eggs
3/4 c. butter	1 lightly browned pie crust
2 squares semi-sweet chocolate, melted	whipped topping
1 1/2 tsp. vanilla	sliced almonds for garnish

## NO COOKING NECESSARY

Cream butter; gradually add sugar. Blend chocolate and vanilla. Add 1 egg at time, beating 3-4 minutes after each. Pour into pie shell (cooled). Garnish with whipped topping and sliced almonds.

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## KEY LIME PIE

Donna Lenhardt

1/2 c. lime juice  
15 oz. sweetened  
condensed milk

16 oz. pineapple, drained  
9 inch pie shell, baked

Combine pineapple, lime juice and condensed milk, beat thoroughly. Let stand few minutes. Pour in pie shell and refrigerate. When thoroughly chilled top with whipped cream.

## PECAN PIE

Sharon Wible

1 pkg. vanilla or butter-  
scotch instant pudding  
or pie filling  
1 c. corn syrup

3/4 c. evaporated milk  
1 egg, slightly beaten  
1 c. chopped pecans  
1 unbaked 8-inch pie shell

Blend pudding mix with corn syrup. Gradually add evaporated milk and egg, blending well. Add pecans and pour into shell. Bake 375 degrees until top is firm and just begins to crack - about 45-50 minutes. Cool 3 hours before cutting. Garnish with whipped cream.

## IMPOSSIBLE PIE

Pat Cannon

2 eggs - beaten  
1 c. sugar  
1/4 c. flour  
1/2 tsp. baking powder

1 c. milk  
1 c. coconut  
1/2 stick melted butter  
1/2 tsp. vanilla

Mix together eggs, sugar, flour and baking powder. Blend in milk, coconut, melted butter and vanilla. Pour into 8 inch glass pie pan. Sprinkle with nutmeg if desired. Bake at 350 degrees for 30 minutes.

Our July, 1981, potluck featured the pie we all thought was impossible. We were right!

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### PINEAPPLE DELIGHT

Mary Outland

1 egg  
2 c. powdered sugar  
1/2 c. shortening

No. 2 can drained pineapple  
2 c. whipped cream  
graham cracker crust

Beat egg until creamy. Add sugar and shortening, stir until smooth. Add pineapple and fold in whipped cream. Pour into prepared 13x9 graham cracker crust.

Top with crumbs and crushed nuts. Served at the September, 1971 Meeting.

### LEMON CHEESECAKE

Janet MacKinnon

1 pkg. 3 oz. lemon Jell-O  
1 c. boiling water  
8 oz. cream cheese  
1 c. sugar

1 c. whipping cream  
(whipped)  
prepared graham cracker crust

Dissolve Jell-O in boiling water. Chill until slightly thickened. Cream sugar and cheese, add to Jell-O and beat until smooth. Fold in whipping cream. Fill prepared crust and chill until firm. 1971.

## QUICK CREAM PUFFS

Chris Boldt

large can refrigerator  
biscuits  
15 large marshmallows

instant pudding  
chocolate bits

Press each biscuit out flat. Put marshmallow in center, fold and seal. Bake at 475 for 10 to 12 minutes. When done there will be hole in center of biscuit where marshmallow melted. Using your cookie press cream puff nozzle, fill each biscuit with your favorite flavor instant pudding. Melt chocolate bits and drizzle over puffs. Enjoyed at the Macrame Workshop, February 8, 1972.

## BUTTERSCOTCH PUDDING

Janet Mc Kean

2 c. milk  
1/4 c. butter  
2 c. brown sugar  
3/4 c. flour

1/4 tsp. salt  
4 eggs  
1 c. hot water

Heat milk and butter. Mix other ingredients in order given and add milk. Beat until thickened over medium heat. Hand mixer used for beating makes pudding very smooth. Cool, serve with sliced bananas and chopped peanuts. Also good with whipped cream. Made for 1973 Tasting Bee. First printed recipe called for 1 4 tsp. salt. The mistake was made only once.

## ANGEL DIANE

Sunny Liddell

20 oz. can crushed  
pineapple  
3 oz. vanilla pudding

1 pt. whipping cream  
1/3 c. maraschino cherries  
1 angel food cake

Cook pineapple, juice and pudding mix until very thick and translucent. Remove from heat. Chill. Add little cream to mixture and stir. Fold in whipped whipping cream. Split angel food cake into 2 layers. Put some mixture in middle, frost cake with remaining mixture. Top with whole maraschino cherries. This made our April meeting in 1973.

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## FROZEN LEMON DESSERT

Janet McKean

1/2 c. butter	1 c. sugar
1/4 c. brown sugar	6 Tbsp. lemon juice
1 c. flour	1 1/2 tsp. grated
1/2 c. nuts	lemon rind
6 egg yolks	1 pt. whipping cream
(slightly beaten)	

Mix together butter, sugar, flour and nuts. Bake in shallow pan at 350 for 30 minutes stirring occasionally. Spread baked, cooled crumbs in 9x9 pan, reserving some for top. Cook egg yolks, sugar, lemon juice and rind until thick. Cool. Beat 6 egg whites adding 6 Tbsp. sugar while beating. Fold into lemon mixture. Add whipped cream. Spoon over crumbs and top with remaining crumbs. Freeze. Let thaw slightly before serving.  
Served at the May meeting in 1973.

## TOASTED ICE CREAM SANDWICH

Karen Baker

1/4 lb. butter	1 c. coconut
1 c. chopped pecans	2 c. Rice Chex
1 1/2 c. brown sugar	1/2 gallon ice cream

Melt butter in large skillet. Add pecans, brown lightly. Add brown sugar and stir. Add coconut and crushed Rice Chex, stir well. Cool. Place half mixture in bottom 9x14 pan. Cover with softened ice cream. Put remaining mixture on top and freeze. Great for July dessert. Served in 1973.

## GUGELHUPF

Gloria Lee

1 c. butter	6 Tbsp. milk
2 c. sugar	1 tsp. vanilla or 1/2 tsp.
6 eggs, separated	almond or 2 tsp. grated
1 1/2 c. flour	lemon peel
2 tsp. baking powder	

Cream butter, add sugar and egg yolks. Beat until light and fluffy. Mix in flavoring; add flour with baking powder and milk alternately. Beat egg whites stiff but not dry, and fold in thoroughly. Fill in WELL-GREASED and flour-dusted Gugelhupf\* pan. Bake at 350 degrees for about 1 hour and 10 minutes.

\*A fluted tube pan similar to an angel food cake pan

After cooling, dust with powdered sugar. This recipe was graciously given by Christa Florreich to Gloria, who created an outstanding dessert at a pot-luck picnic at West Otter Lake in August, 1973.

Gugelhupf means "Gugel's Wife's Cake".

# R. Florreich, Jeweler



Pulsar

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## APPLE BETTY

Pat Cannon

4 c. sliced apples  
1/4 c. orange juice  
1 c. brown sugar  
3/4 c. flour

1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
dash salt  
1/2 c. butter

Pare and slice apples. Mound apples in buttered 9 inch pie pan. Sprinkle with orange juice. Combine sugar, flour, spices and salt, cut in butter until mixture is crumbly. Sprinkle over apples. Bake at 375 for 45 minutes or until apples are tender and topping is crisp. Served warm with cream.  
We all met at Cannon's and carpooled to Joey's at West Otter Lake for the August 1973 potluck.

## LEMON DELIGHT

Marynelle Keller

1 c. flour  
1 stick oleo  
1/2 c. chopped nuts  
1 1/2 c. Cool Whip  
(9 oz.)

8 oz. cream cheese  
1 c. powdered sugar  
2 pkg. instant lemon pudding  
3 c. milk

1st Layer: 1 c. flour, 1 stick oleo, 1/2 c. c. chopped nuts. Mix and press into 9x13 pan. Bake at 375 for 15 minutes and cool.

2nd Layer: Mix Cool Whip, cream cheese and powdered sugar and spread over 1st Layer. Chill 15 minutes.

3rd Layer: Whip until thick, pudding and milk. Spread over 2nd Layer.

4th Layer: Spread with remainder Cool Whip. Cool overnight or until set.

August Potluck Meeting, 1973.

## CHOCOLATE DELIGHT

Sunny Liddell

30 vanilla wafers  
6 egg whites, beaten stiff  
6 egg yolks  
3 squares bitter chocolate

2 c. powdered sugar  
2 tsp. vanilla  
2 c. chopped nuts  
2 sticks margarine

Melt chocolate and margarine over low heat. Beat yolks, then mix in sugar and vanilla. Add melted chocolate and margarine to egg yolk mixture. Fold in beaten egg whites and nuts. Crush wafers (15 for bottom, 15 for top). Layer crumbs in bottom oblong (9x13) greased pan. Pour mixture in pan and top with remaining crumbs. Chill in refrigerator 12 - 24 hours.

Serve with whipped cream.  
Served at Bridge 1974.

## RHUBARB CRUNCH

Joey Aiken

1 c. sifted flour  
3/4 c. oatmeal  
1 c. brown sugar  
1/2 c. butter (melted)  
1 tsp. cinnamon

4 c. rhubarb  
1 tsp. vanilla  
1 c. sugar  
2 Tbsp. corn starch  
1 c. water

Combine flour, oatmeal, brown sugar and cinnamon. Mix until crumbly. Press half crumbs into 9 inch baking pan. Cover with rhubarb. Combine remaining ingredients. Cook until thick and clear. Pour over rhubarb. Top with remaining crumbs. Bake at 350 for one hour. Served at the Mother Daughter Banquet, May, 1974.

## COOL WHIP DESSERT

Dee Brown

12 oz. carton cottage cheese  
1 small container Cool Whip

1 pkg. dry Jell-O  
1 can drained fruit same flavor as Jell-O

This was mixed and served easily at the Mother Daughter Banquet, May, 1974.

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## HOME MADE ICE CREAM

Lynda VanCleave

6 eggs  
1 3/4 c. sugar  
1 Tbsp. vanilla  
1 scant Tbsp. flour

1 pt. whipping cream  
1 pt. half and half

Break eggs into mixing bowl and beat like h---, slowly add sugar while still beating periodically. (This "cooks" the eggs and sugar). Beat in Tbsp. flour and keep beating until mixture is very thick and light in color. Beat in cream and vanilla. Pour into freezer container - add enough milk to fill, leaving 2 inch at top for expansion.

Served summer, 1975.

## CHOICE CHEESE CAKE

Sandy Mafera

1 c. flour  
1 c. quick oats  
2/3 c. brown sugar  
(packed)  
1/2 tsp. baking powder  
1/2 c. softened butter

1/2 c. confectioners' sugar  
2 Tbsp. milk  
1 1/2 tsp. vanilla  
3 oz. pkg. cream cheese  
2 c. whipped cream  
1 can cherry pie filling

Mix flour, oats, brown sugar, butter, baking powder until crumbly. Save 1 cup. Pat remainder in ungreased 9 inch pie pan. Bake crust at 350 for 20 minutes. Cool. Blend remaining ingredients except pie filling. Fold in whipped cream. Chill. Top with pie filling and sprinkle with reserved crumbs. Trick to this dessert is not to bake the crust too long. When this was served at a February meeting the hostess couldn't decide whether to use an axe or knife. The guests couldn't decide whether to eat the topping and use the crust as a cookie or bend the tines of their fork eating the whole thing. 1976.

## PUMPKIN PIE DESSERT SQUARES

Joey Aiken

1 pkg. yellow cake mix  
3/4 c. butter, melted  
3 eggs  
3 c. pumpkin pie mix

2/3 c. milk  
1/4 c. sugar  
1 tsp. cinnamon  
1 medium tub whipped topping

Grease 9x13 pan. Reserve 1 c. cake mix for topping. Combine remaining cake mix, 1/2 c. butter and 1 egg. Press into pan. Combine pumpkin pie mix, 2 eggs and milk, blending until smooth. Pour over crust. Combine reserved cake mix, sugar, cinnamon and 1/4 c. butter, then sprinkle over filling. Bake at 350 degrees for 45 to 50 minutes until knife inserted near center comes out clean. Serve with whipped topping. Joey served this Fall Treat in October, 1976.

## EASY CHEESE DESSERT

Pat Cannon

2 - 3 oz. pkg. cream cheese	1/4 tsp. shredded lemon peel
1/3 c. sugar	1 Tbsp. lemon juice
1 envelope unflavored	1/4 tsp. almond extract
gelatin	1/2 c. Cool Whip
1 c. sour cream	

### Sauce:

10 oz. pkg. raspberries	2 tsp. cornstarch
1/4 c. sugar	

Mix sugar, gelatin and 1/4 tsp. salt in pan. Stir in 1 c. water. Cook until gelatin is dissolved. Stir softened cream cheese, sour cream, lemon peel and juice, and almond extract. Beat until smooth. Fold in Cool Whip. Stir gelatin mixture into above, stirring until smooth. Pour into 6 custard cups or pie plate. Chill until firm (3-4 hours).

Sauce: Mix sugar and cornstarch into juice. Cook until thickened. Add fruit while cooking or after. Any fruit would work.

Going away party for Ann and Harry Parkhurst July 1978 at Laurida's home.

## BLACK CHERRY PARFAIT

Ann Parkhurst

1 small box lemon or	3/4 c. boiling water
lime Jell-O	1 pt. lemon or lime sherbert

Mix together - refrigerate while preparing sweet black cherries in mold or glasses. Add 2 c. sliced bing cherries and 1/4 c. walnuts. Fold together (we layered ours).

Served June, 1977.

## BANANA SPLIT

Dee Brown

1 1/2 c. graham	1/4 c. sugar
cracker crumbs	1/2 gal. ice cream
1/2 c. melted butter	2 to 3 bananas

### Sauce:

1 c. sugar	1 c. boiling water
1/2 tsp. salt	1 tsp. vanilla
1/4 c. cocoa	2 Tbsp. butter
2 Tbsp. flour	

Continued.....

## BANANA SPLIT (Continued)

Combine crumbs, butter and sugar. Pat into 9x13 pan. Slice 1/2 gal. ice cream and put over crust. Slice bananas over ice cream. Sprinkle nuts over top. Make sauce by cooking until thick. Add vanilla and butter. Cool. Pour cooled sauce over dessert. Freeze. Top with whipped cream, nuts and maraschino cherry. Served at September 1977 meeting after tour of Frank's school house home.

## STRAWBERRY ANGEL DELIGHT

Cindy Wildermuth

6 oz. strawberry Jell-O	20 oz. frozen strawberries
2 c. boiling water	10 inch angel food cake
2 Tbsp. sugar	1 large tub Cool Whip
pinch salt	

Dissolve Jell-O in water. Add sugar and salt. Add frozen fruit. When mixture starts to thicken add 1 large tub Cool Whip. Pour over torn pieces angel food cake. 13x9 pan works well. Chill.

Served January 1979, at regular meeting but special birthday for Laurida.

## PLUM PUDDING

Pat Cannon

6 oz. lemon Jell-O	1 pkg. prunes
2 c. water	1/2 tsp. cinnamon
1 c. grapenuts	1/4 tsp. cloves
1 c. raisins	dash salt
1/2 c. chopped nuts	

Dissolve Jell-O in water. Stir in remaining ingredients. Mix well and put in mold. Let get firm. Serve with whipped cream or hard sauce. Enjoyed at Christmas 1979.

## BUTTERSCOTCH DESSERT

Pat Cannon

1 1/4 c. graham cracker crumbs	1 c. Cool Whip
1/2 c. margarine	8 oz. cream cheese
3 Tbsp. sugar	6 oz. butterscotch pudding
1 c. powdered sugar	3 c. milk

Mix ingredients of crumbs, margarine and sugar. Reserve 2 Tbsp. mixture. Press into bottom 9x13 dish. Bake at 350 for 8 minutes. Cool. Cream together sugar, cream cheese and Cool Whip. spread over crust.

Continued.....

## BUTTERSCOTCH DESSERT (Continued)

Make butterscotch pudding using 3 c. milk. Cool thoroughly. Spread over cream cheese layer. Top with Cool Whip and reserved crumbs. Refrigerate. Made by Pat and Marynelle Keller for meeting in January 1980. John Cannon was our guest that day.

### MINT DESSERT

Janet McKean

20 chocolate cream cookies  
32 large marshmallows  
1 c. evaporated milk  
few drops green food  
coloring

1/8 tsp. peppermint oil  
2 pkg. Dream Whip

Crush cookies and place 1/2 crumbs in 9x13 dish. Heat marshmallows and milk until melted. COOL. Add green food coloring to desired shade and peppermint oil. Whip pkg. Dream Whip and add to marshmallow mixture. Mix well. Pour over cookie crumbs in dish. Sprinkle remaining crumbs on top. Served at the March meeting 1980 with optional crushed almond bars added to crumb topping. Spring fresh.

### SOUFFLE FROID AU CHOCOLAT

Becky Schmidt

1 envelope unflavored  
gelatin  
3 Tbsp. cold water  
2 squares unsweetened  
chocolate  
1 c. milk  
1/2 c. powdered sugar  
3/4 c. sugar

1 tsp. vanilla  
1/4 tsp. salt  
2 c. heavy cream  
1 medium tub whipped topping  
2 Tbsp. shaved semi-sweet  
chocolate  
12 oz. chocolate chips

Melt chocolate squares over hot (but not boiling) water. Heat milk just enough so that film shows on surface, then slowly stir it into melted chocolate. Add powdered sugar; beat with whip until smooth. Cook, stirring constantly, over low heat until mixture simmers. Remove from heat and mix into it the gelatin softened in water, sugar, vanilla and salt. Chill until slightly thick. Then beat mixture until light and airy-looking. In separate bowl, beat heavy cream till it holds its shape. Then combine two mixtures. Pour souffle into 2-qt. souffle dish or serving bowl. Chill 2-3 hours. Garnish with whipped topping, shaped chocolate or chocolate discs.

(To make chocolate discs, melt chocolate chips and spread on waxed paper or cookie sheet. Chill until firm, but not hard. Cut out discs with round cookie cutter.)

Becky brought this inspiration to our Progressive Dinner in April, 1981.

## CHOCO-PECAN PUDDING DESSERT

Jan Nobles

1 c. flour	8 oz. softened cream cheese
1 stick butter	6 oz. pkg. instant
1/2 c. chopped pecans	chocolate pudding
1 large tub Cool-Whip	3 c. milk
1 c. powdered sugar	

Using 9x13 pan, combine flour, butter and pecans (reserving 2 Tbsp. pecans).

Press in pan and bake 15 minutes at 375 degrees. Cool completely. Next, blend 1 c. Cool-Whip and cream cheese, spreading over crust. Chill for at least 15 minutes. Then, beat pudding and milk until thick. Spread over cheese layer, and top with remaining Cool-Whip. Sprinkle with reserved chopped pecans. Chill several hours before serving.

All flavors pudding good!

This was Jan's contribution to our April 24, 1981, Progressive Dinner.

## 24 HOUR NOTICE PIE

Sandy Mafera

2 c. crushed pretzels	1 c. sugar
3/4 c. margarine (melted)	9 oz. Cool Whip
3 tsp. sugar	6 oz. strawberry Jell-O
8 oz. cream cheese	2 c. boiling water

Mix pretzels, margarine and sugar. Pat into 9x13 pan. Bake 8 minutes at 375. Cool.

Cream sugar and cream cheese, fold in Cool Whip. Spread over pretzel crust. Mix Jell-O and boiling water. Add frozen fruit. Pour over cream cheese layer. Refrigerate. Can be made with any Jell-O flavor and complimentary fruit.

This recipe is so quick and easy. You can be called 24 hours before club and told "you are the hostess". Pat Gorsuch, the scheduled hostess, had just won a free trip to Bermuda and was leaving in the morning.

September 17, 1981.

## COOKIE TORTE

Jan Nees

1 1/2 c. flour	1/2 c. soft butter
3/4 c. sugar	1 tsp. vanilla
1/2 tsp. baking powder	1 egg
1/4 tsp. salt	

### Filling:

3 oz. chocolate pudding	1/2 tsp. rum flavoring
1/2 c. whipped cream	

Continued.....

## COOKIE TORTE (Continued)

Combine all cookie ingredients. Divide batter into 4 parts and spread on bottom four cake pans that are greased and lined with waxed paper. Bake at 375 for 8 - 10 minutes. Cool, remove from pans. Place one layer on plate, spread with filling. Repeat each layer. Chill several hours.

Prepare pudding according to pkg. directions. Cool, beat cream until thick. Fold into pudding along with rum flavoring. Served as dessert at 1981 Progressive Dinner Party.

## MEXICAN CHOCOLATE MOUSSE

Connie Menzie

3 squares unsweetened chocolate	1 tub Cool Whip, thawed
1 can Eagle Brand milk	2 large bananas, sliced
3/4 tsp. cinnamon	1/2 c. chopped nuts

In small pan over low heat, melt chocolate. Remove from heat. Stir in milk and 1/2 tsp. cinnamon. In medium bowl fold chocolate mixture into whipped topping. In small bowl, combine bananas, nuts and 1/4 tsp. cinnamon. In individual serving dishes, layer bananas, chocolate mixture, bananas, and top with chocolate mixture. Chill in refrigerator at least one hour before serving. 1983.

## PEANUT BUTTER FUDGE

Ruth Randinelli

1/2 lb. white chocolate	3/4 c. marshmallow cream
1/2 lb. light chocolate	3/4 c. chopped peanuts
1/2 lb. peanut butter	

Melt chocolate together. Blend in peanut butter. Add marshmallow cream and peanuts. Spread in 8x8 pan. Concocted at candy workshop in December, 1978.

## CHOCOLATE COVERED DOOR KNOBS

Ruth Randinelli

2 sticks oleo (melted)	1 large jar
2 lb. powdered sugar	maraschino cherries
2 cans flaked coconut	1 bar paraffin
2 c. pecans (chopped)	12 oz. chocolate chips
1 can Eagle Brand milk	

Mix all ingredients except paraffin and chocolate. Cool overnight before forming balls. Form into balls and put on tray to cool about 2 hours. In double boiler melt paraffin and chocolate bits.

Continued.....

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# Country Cheese Store

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## CHOCOLATE COVERED DOOR KNOBS (Continued)

Stir until smooth. Use toothpick and dip each ball in chocolate. Place on waxed paper. Put in refrigerator while coating others. Re-dip cooled balls. In December 1978 a group met for this candy workshop. Donna Lenhardt made the balls a little large and after dipping they did resemble doorknobs ... hence the name.

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Write Extra Recipes Here:



## Casseroles and Miscellaneous

### PIZZA CASSEROLE

1 lb. hamburger, browned  
pkg. noodles, cooked

1 envelope spaghetti sauce mix  
Mozzarella cheese or your favorite

Make sauce according to directions and mix altogether. Top with cheese. Bake at 350 degrees for 30 minutes.  
Served at August 1973 potluck.

### TWO PIZZAS

Elaine Munton

#### Dough:

1/2 tsp. dry yeast  
3/4 c. + 2 Tbsp.  
warm water

3 c. flour

#### Topping:

16 oz. tomato sauce  
1/2 tsp. oregano  
1/2 tsp. salt  
1/4 tsp. pepper

Mozzarella cheese, shredded  
sausage  
ham  
onion, etc.

#### Linda's Pizza Dough:

1 pkg. yeast  
1 c. warm water  
1 tsp. sugar  
1 tsp. salt

2 Tbsp. salad oil  
or butter  
2 1/2 c. flour

Mix and set 5 minutes.

Continued.....

## TWO PIZZAS (Continued)

Dissolve yeast in water. Add flour and knead. Let rise at least 20 minutes or more. Roll with rolling pan to fit pizza pan. Spread with topping mixture tomato sauce, oregano, salt and pepper.

Top with cheese, mushrooms, and whatever desired. Bake at 425 approximately 15 minutes or until crust is brown. Senior cords, poodle skirts, bobby socks and pizza were all part of this 1950's party at Reesman's in October, 1973.

KESHY YENA

Ann Parkhurst

1 lb. Edam cheese	1/2 lb. sliced mushrooms
2 lb. round steak	2 medium tomatoes (chopped)
1/4 c. plus 2 Tbsp. flour	1/4 tsp. red pepper
1/2 tsp. salt - pepper	1/2 tsp. salt
3/4 c. butter	1 Tbsp. chopped pickles
1/2 c. red wine	2 Tbsp. raisins
2 chopped green peppers	6 chopped stuffed olives
1/2 c. chopped onion	1 can mushroom soup
	1/2 c. water

Cut beef in thin strips. Dredge in 1/4 c. flour plus 1/2 tsp. salt and 1/2 tsp. pepper. Melt 1/2 c. butter in heavy pan. Add beef, stir and cook till brown. Add 2 Tbsp. flour and cook, stirring for 1 minute. Add 1/2 c. wine. Cook 1-2 minutes. Remove meat mixture from heat, set aside. Melt remaining 1/4 c. butter in heavy fry pan add peppers, onion, mushrooms. Saute until soft, but not brown. Add tomatoes, ground pepper and salt. Cook briskly, stirring until most liquid has evaporated. Remove from heat. Stir in pickle, raisins and olive. Combine vegetable mixture with beef-wine mixture and blend well. Add 1 can mushroom soup diluted with 1/2 c. water. Line 3 qt. casserole with 1/4 inch thick Edam cheese slices. Fill casserole with meat-vegetable mixture. Grate remaining cheese, sprinkle over top. Bake at 350 for 30 minutes or until cheese melts and is bubbly.

Dish improves if prepared ahead and refrigerated and reheated. Served on New Year's Eve 1974 at Parkhurst's Midway Drive home.

MEXICAN BORDER CASSEROLE

Kathie Woodcox

4 oz. can mushrooms	dash hot pepper sauce
1 lb. ground beef	1 Tbsp. flour
1/2 tsp. garlic powder	1 small green pepper
1 medium onion	1/2 c. stuffed olives
1 c. pimiento	2 c. cheddar cheese
1 (15 oz.) can tomato sauce	2 c. corn chips
1 Tbsp. chili powder	salt and pepper to taste

## MEXICAN BORDER CASSEROLE (Continued)

Brown beef with garlic powder. Add mushrooms and their liquid (1/4 c.) and next five ingredients; heat well. Blend flour and 2 Tbsp. water, stir into above. Add green pepper, olives, salt and pepper.

Alternate layers meat mixture, cheese and corn chips, ending with chips. Bake at 300 for 1 1/2 hour.

Tasting Bee, 1977. Kathie was awarded the best recipe of the year for this contribution. This was made by more members more times than any other recipe.

### CONNECTICUT BEEF SUPPER

Janet McKean

2 Tbsp. shortening	1 c. sour cream
2 lb. beef cut in 1 inch cubes	1 1/4 c. milk
2 large onions	1 tsp. salt
2 large potatoes, sliced thin	1/4 tsp. pepper
1 c. water	1 c. grated cheddar cheese
1 can cream mushroom soup	1 1/4 c. crushed Wheaties

Melt shortening in large skillet, add meat and onion. Add water, heat to boiling. Reduce heat, cover, simmer over low heat for 50 minutes. Preheat oven to 350 degrees. Pour meat mixture into ungreased 13x9 pan. Arrange potato slices on top. Stir together soup, sour cream, milk, salt, pepper and pour over potatoes. Sprinkle with cheese and cereal. Bake uncovered 1 1/2 hour until potatoes are tender. Makes 6-8 generous servings.

Served July, 1977.

### NOODLES AND SOUR CREAM

Sue Southern

1/2 lb. bacon	2 Tbsp. Worcestershire
1 lb. very fine egg noodles	dash Tabasco
3 c. cottage cheese	1 tsp. salt
3 c. sour cream	3 Tbsp. horseradish
2 minced onions	1 c. Parmesan cheese

Fry bacon, drain and crumble. Cook noodles just until tender, drain well. Mix remaining ingredients (except Parmesan). Add noodles, bacon and toss with two forks until well mixed. Turn into buttered covered casserole. Bake 30-40 minutes at 350 degrees. Remove cover and sprinkle with cheese. Broil until brown.

Served in 1977.

## CHILE RELLENO CASSEROLE

Ann Parkhurst

1 large can green whole chilies	5 eggs
1 lb. grated cheddar cheese	1 c. milk
1 lb. grated Monterey Jack cheese	1 Tbsp. flour
	1 small can tomato sauce

Wash, split and seed whole chilies. Mix eggs, milk and flour in blender.

Preheat oven to 350.

Alternate layers chilies and cheese in baking dish ending with cheese layer. Pour milk mixture over all and bake for 30 minutes. Remove from oven and pour tomato sauce over top, spreading evenly with spoon. Return to oven and heat 10-15 minutes longer.

Served at Ann's picnic, July, 1980.

## CHEESE-TAMALE PIE

Karen Baker

### Filling:

3/4 c. chopped onion	1/2 c. chopped green pepper
1 clove minced garlic	1 can (12 oz.) whole kernel corn, drained
1 c. fresh sliced mushrooms	1 Tbsp. chili powder
1 Tbsp. butter	1 1/2 tsp. salt
1 1/2 lb. ground beef	1 1/4 Tbsp. black sliced olives
1 can (#1) tomatoes	
1 can (8 oz.) tomato sauce	

### Crust:

3/4 c. cornmeal	1 Tbsp. butter
3 c. milk	1 tsp. salt
2 beaten eggs	1 c. grated cheddar cheese

To make filling, saute onion, garlic and mushrooms in butter. Add tomatoes, tomato sauce, green pepper, corn, chili powder and salt. Cover and simmer for 45 minutes. Add olives and simmer 10 minutes longer.

To make crust, combine cornmeal and 1 c. milk, butter and salt and bring to boil. Slowly add cornmeal mixture, stirring constantly and simmer until thick. Cover and cook 15 minutes over very low heat. Blend in eggs and 1 c. cheese, stirring until cheese melts. Grease shallow 2 qt. dish and pour cornmeal mixture evenly into pan. Reserve 1 1/2 c. for top. Pour meat filling over crust and add dollops remaining cornmeal mix on top. Bake 350 - 1 hour or until brown and bubbly.

Served at Polaroid Party, July, 1980.

## BAKED CHICKEN CASSEROLE

Joey Aiken

6 c. chicken, cooked & diced	1/2 c. slivered almonds
2 c. chopped celery	2 beaten eggs
2 c. Hellman's mayonnaise	2 hard cooked eggs
1 c. Velveeta cheese	2 c. bread crumbs
1 small onion or 2 Tbsp. dry onion soup mix	2 Tbsp. lemon juice (juice one lemon)

Mix all ingredients. Sprinkle with potato chips and bake at 250 until brown.

Served at Progressive Dinner, April 25, 1981.

## GREEN CHILI RICE

Sandy Mafera

3 c. cooked rice, cooled	6 oz. diced green chilies
2 c. dairy sour cream	1/4 c. grated Parmesan cheese
1/2 lb. shredded Monterey Jack cheese	1 c. grated mild cheddar cheese

Mix rice and sour cream. Spread one half this mixture in 1 1/2 qt. casserole. Sprinkle one half Jack cheese over top, add diced chilies, then cover with remaining Jack cheese; add remaining rice, sprinkle with Parmesan cheese, and top with cheddar cheese. Bake this in preheated 350 oven for about 30 minutes or until heated through. This dish makes great accompaniment for roast beef.

NOTE: Salt to taste may be added to rice-sour cream mixture.

Be careful as cheese is salty.

Served at July 1981 Installation.

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Write Extra Recipes Here:

**Write Extra Recipes Here:**



## *Cooking Schools*

### SOPA DE FRIJOL

1 lb. ham (cubed)  
3 large tomatoes  
4 cloves garlic (minced)  
1 large green pepper (chopped)  
1 Tbsp. chili powder  
2 c. dried pinto beans  
3 onions (chopped)

### Mexican Cooking School

3 Tbsp. parsley  
2 Tbsp. brown sugar  
1 tsp. EACH: salt, bay leaves and oregano  
1/4 tsp. EACH: rosemary, celery seed, thyme, marjoram and sweet basil

Cover beans and soak overnight. Drain. Cover with fresh water, add remaining ingredients. Bring to boil. Reduce heat and simmer for 3 hours until beans are tender. Place 1 tsp. sherry in each bowl as served. This was our first cooking school held at the Extension Hall. All recipes came from a cookbook by Sandy Mafera's father, Frank Rauschenbach.

### ALBONDIGAS CON CHILE

1 1/2 lb. ground meat  
1 c. bread crumbs  
2 eggs (beaten)  
2 cloves garlic  
2 tsp. ground coriander seed

### Mexican Cooking School

2 tsp. salt  
1 tsp. pepper  
1 small onion (chopped fine)

Continued.....

## ALBONDIGAS CON CHILE (Continued)

### Sauce:

3 Tbsp. oil	8 Tbsp. chili powder
1 small onion (chopped)	1 tsp. oregano
2 cloves garlic	1 tsp. salt
6 medium tomatoes	1 tsp. vinegar

Grind meat. Add other ingredients and mix well. Shape into balls size robins egg. Cook in following chili sauce.

Fry onion and garlic in oil. Add tomatoes; cook until thick.

Add chili and seasonings. Simmer, then add Albondigas.

Simmer one hour. Serve with tortillas. From "A Menu of Historic Cookery from the Lamb Hotel".

## SOPAIPILLAS

## Mexican Cooking School

4 c. flour	4 eggs
1 tsp. salt	1/2 c. sugar
2 tsp. baking powder	water or milk
4 Tbsp. shortening	

These cakes are always on the dining tables at all meals.

Sift flour with salt and baking powder. Cut shortening into flour.

Beat eggs, add sugar and add to flour mixture. Add enough milk or water to make medium dough, not stiff nor soft.

Let dough stand 1/2 hour - roll out to 1/4 inch thick, cut into 2 inch squares. Fry in deep fat until puffy and light brown.

May be served filled with refried beans, chili or dusted with cinnamon and sugar or confectioners' sugar. The Mexican cooking school menu also included Sweet Fritters and Queso. Those recipes are intentionally missing from this good book.

## BIZCOCHITOS

## Mexican Cooking School

1 1/2 c. sugar	2 eggs
2 c. lard (no substitute)	1 tsp. salt
2 tsp. anise seed	3 tsp. baking powder
6 c. flour	3/4 c. red table wine

Cream lard with hand, add sugar. Beat until light and fluffy. Add eggs, anise seed and flour which has been sifted with salt and baking powder into lard mixture. Add wine.

Roll dough thin on floured board. Cut into fancy shapes cookie sized. Dip in combination of cinnamon sugar. Bake in moderate oven until light brown. These cookies are a must at Mexican Christmas festivals.

## TORTILLINI SOUP

## Italian Cooking School

### Broth:

1 stewing chicken  
1 beef soup bone  
few stalks celery  
(whole)

2 onions (whole)  
1 carrot (whole)  
1 tsp. oregano  
1 Tbsp. salt

### Meatballs:

1 1/2 lb. hamburger  
3 eggs  
1/2 c. bread crumbs  
oregano (pinch)

1/4 tsp. mustard  
1 dash Tabasco  
1 tsp. salt

### Tortillini:

egg noodle dough  
1 lb. hamburger

1 medium onion

Cover all broth ingredients with water. Bring to boil. Simmer until chicken is cooked. Remove meat and vegetables. Leaving clear broth. Mix all meatball ingredients. Roll in tiny balls. Let stand 20 minutes. Add to prepared broth. Simmer 3/4 hour. Roll egg noodle dough 1/8 inch thick. Cut 1/2 inch squares. Fill each rectangle with 1 scant tsp. filling. Roll into tube shape and seal edges with egg yolk. Bend into semi-circles. Let dry 3-4 hours. Add to hot broth and meatballs. Simmer 1/2 hour. Beat 6 eggs with 1 c. Italian grated cheese. Just before serving pour mixture on top soup. Bring to boil. Serve hot. Served at Extension Hall in 1974.

## ITALIAN BREAD STICKS

## Italian Cooking School

2/3 c. warm water,  
110-115 degrees  
1 pkg. dry yeast  
1 tsp. salt

1 Tbsp. sugar  
1/4 c. soft shortening  
2 c. flour

Dissolve yeast in water. Add salt, sugar, shortening and 1 c. flour. Beat until smooth. Mix in rest flour. Knead until smooth. Cover and let rise 1 hour. Cut dough to size walnut. Roll to pencil shape. Place on greased cookie sheet. Brush with beaten egg. (Add 1 Tbsp. water to egg). Sprinkle with sesame seeds. Bake 20-25 minutes at 400 degrees.

Italian Cooking School, 1974.

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## EGGPLANT CASSEROLE

1 eggplant, pared & sliced  
1/2 c. oil  
3/4 c. flour  
1 egg  
large jar spaghetti sauce

## Italian Cooking School

1/2 lb. Mozzarella cheese  
oregano  
basil  
salt  
Parmesan cheese

Salt eggplant, let set 5 minutes. Dip eggplant into flour, then egg and back into flour. Fry in oil until brown. In casserole place layer eggplant, Mozzarella cheese, eggplant, top with sauce. Sprinkle oregano, basil and Parmesan cheese on top. Bake 30 minutes at 350. 1974 Italian Cooking School at Extension building.

## CANNOLES

2 1/2 c. flour  
1/4 c. sugar  
1 tsp. cinnamon  
1/4 tsp. salt

### Filling:

4 1/2 c. ricotta cheese  
1 c. sugar  
1 tsp. vanilla

## Italian Cooking School

1/4 c. shortening  
2 well beaten eggs  
1/4 c. cold water  
2 Tbsp. white vinegar

1/4 c. shaved chocolate  
1/4 c. shaved almonds

Cut shortening into flour, sugar, cinnamon and salt. Add eggs, water and vinegar. Stir until well mixed. On well floured board place walnut size piece dough and roll to 1/8 inch thick oval. Wrap around cannole iron. Deep fry 375 - 400 until golden brown. Beaten egg white should be spread along edge to seal cone before frying. Drain on paper towel before filling.

Filling: Combine cheese, sugar and vanilla beat until smooth. Add chocolate and almonds. Fill deep fried cones. Chill. Makes 18. Extension building 1974.

## CRANBERRY FRUIT SOUP

1 c. sugar  
1/4 c. potato starch  
or cornstarch  
1 qt. cranberry juice  
cocktail

## Finnish Cooking School

1 c. chilled  
whipping cream  
fresh chopped cranberries

Continued.....

## CRANBERRY FRUIT SOUP (Continued)

### KARPALAKIISSELI

1. Mix sugar and potato starch in 2-qt. saucepan. Stir in cranberry juice cocktail. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Remove from heat; cover. Cool to room temperature.
2. Beat whipping cream in chilled bowl until stiff. Serve soup in sherbet or dessert dishes. Top with whipped cream and cranberries. Serves 8. April 1977 Finnish Cooking School at Extension building.

### BORSCHKEITTO (SOUP)

Finnish Cooking School

4 medium beets, tops removed, pared, cut into julienne strips	1 clove garlic, crushed
2 Tbsp. butter	1 bay leaf
6 c. beef broth	1 Tbsp. sugar
1 small head red cabbage (2 lb.) shredded	2 Tbsp. cider vinegar
2 carrots, pared, cut into julienne strips	1 tsp. salt
	8 Polish sausage

1. Cook and stir beets in butter in Dutch oven about 3 minutes. Stir in remaining ingredients except sausage. Heat to boiling; reduce heat. Simmer uncovered until vegetables are tender, about 30 minutes.
2. Cut sausage diagonally into 1/4 inch slices. Stir sausage into Borscht; heat until hot. Serve with dollops sour cream and lemon slices if desired. April 1977 Finnish Cooking School at Extension building. Serves 8 (about 1 1/4 c. each).

### MARINOITU SIENISALAATTI

Finnish Cooking School

1 lb. fresh mushrooms (chopped)	1/2 c. whipping cream
2 Tbsp. grated onion	1/4 c. sour cream
2 Tbsp. lemon juice	1 tsp. salt
2 tsp. sugar	1/8 tsp. dry mustard
1/2 tsp. freshly ground pepper	romaine
	tomato wedges
	parsley sprigs

1. Toss mushrooms, onion, lemon juice, sugar and pepper in bowl; cover. Refrigerate at least 30 minutes, no longer than 4 hours.

Continued.....

## MARINOITU SIENISALAATTI (Continued)

2. Beat whipping cream in chilled bowl until thick; fold in sour cream, salt and dry mustard. Stir into mushroom mixture. Line serving bowl with romaine; mound mushroom mixture in center. Garnish with tomato wedges and parsley sprigs. Serves 8. April 1977 Finnish Cooking School at Extension building.

### KARELIAN RAGOUT

Finnish Cooking School

#### (KARJALANPAISTI)

1 lb. beef stew cut into cubes	5 medium onions, sliced
1 lb. lamb for stew, cut into cubes	1 Tbsp. salt
1 lb. pork shoulder blade steak cut into cubes	1 tsp. ground allspice
	6 whole allspice
	1 to 2 bay leaves
	1 qt. beef broth or water

Heat oven to 275 degrees. Layer meat cubes and onion in Dutch oven, sprinkling each layer with salt, ground allspice and whole allspice. Top with bay leaves. Heat broth to boiling. Pour over meat; cover. Bake, stirring occasionally, until meat is tender, about 5 hours. Remove bay leaves. Serves 8. April 1977 Finnish Cooking School at Extension building.

### FILLED RYE PASTRIES-SULTSINAT Finnish Cooking School

1 c. water	1/2 c. sugar
2 Tbsp. vegetable oil	1/2 tsp. salt
1 tsp. salt	3 Tbsp. butter or margarine
2 c. rye flour	3 sugar
1 1/4 c. all-purpose flour	1 1/2 tsp. ground cinnamon
2 c. milk	2 tsp. ground cinnamon
1/3 c. uncooked farina	light cream

1. Mix water, oil and 1 tsp. salt in medium bowl. Stir in flours. Turn dough onto well-floured board. Knead until smooth, about 5 minutes.
2. Shape dough into roll 16 inch long. Cut into sixteen 1 inch pieces. Roll each piece into 8 inch circle. Place on preheated, ungreased griddle. Cook over high heat 20 seconds on each side. Stack; keep warm in oven.
3. Heat milk to simmering. Stir in farina and 1/2 tsp. salt. Cook and stir over medium heat 1 minute. Remove from heat and cover. Let stand until thick, 2 to 3 minutes. Stir in butter, 3 Tbsp. sugar and 1 1/2 tsp. cinnamon.

Continued.....

## FILLED RYE PASTRIES-SULTSINAT (Continued)

4. Spread 2 to 3 Tbsp. farina filling across center each pastry circle from edge to edge. Roll up. Mix 1/2 c. sugar and 2 tsp. cinnamon. Serve pastries warm. Dip in cream, then sugar-cinnamon mixture. Serves 8. April 1977 Finnish Cooking School at Extension building.

## KARELIAN RICE PASTIES WITH EGG BUTTER

Finnish Cooking School

1 c. butter, softened	13 oz. evaporated milk
1/4 tsp. salt	2 Tbsp. butter
1/8 tsp. ground ginger	1 c. water
4 eggs, hard-cooked and finely chopped	2 Tbsp. butter, melted
fresh parsley	1 tsp. salt
1 c. uncooked regular rice	1 1/2 c. flour
1/2 c. butter, melted	1 1/2 c. rye flour
	1/2 c. hot milk

### Egg Butter:

Beat butter, salt and ginger in small bowl until light and fluffy. Stir in eggs; cover and refrigerate. Remove from refrigerator 30 minutes before serving. Garnish with parsley. Makes 2 cups.

### Rice Pasties:

Cook rice according to pkg. directions. Stir evaporated milk into cooked rice. Cook and stir over medium heat until mixture is thick and bubbly, about 10 minutes. Stir in 2 Tbsp. butter. Remove from heat. Cool to consistency of mashed potatoes. (Thin, if necessary, with 1/2 to 1 c. milk.)

Mix 1 c. water, 2 Tbsp. butter and 1 tsp. salt in bowl. Stir in flour. Stir in enough rye flour gradually until stiff dough is formed. Turn dough onto board dusted with rye flour. Knead until smooth, 2-3 minutes.

Heat oven to 450 degrees. Shape dough into roll 2 inch in diameter. Cut roll into 16 equal pieces. Shape each piece into ball. Roll each ball into 6 inch circle. Spread 1/4 c. rice filling in 3 inch strip across center each circle, almost to edge. Fold opposite sides over filling, leaving 1 inch filling exposed in center. Crimp each edge. Pinch ends to form oval and seal in filling.

Place pasties 3 inch apart on greased baking sheet. Mix 1/2 c. butter and 1/2 c. hot milk, brush lightly over pasties. Bake, brushing once with milk mixture, until light brown, about 15 minutes. Serve hot or cold with Egg Butter.

Tip: Leftover pasties may be refrigerated, well wrapped, up to 48 hours. Our April, 1977, Cooking School at the Exhibit Hall featured Finnish recipes.

## MANSIKKAKAKKU (STRAWBERRY CAKE) Finnish Cooking School

4 eggs	1/2 c. orange liqueur
1 c. sugar	2 Tbsp. lemon juice
2 Tbsp. water	1 1/2 c. whipped topping
1/2 tsp. vanilla	1 tsp. unflavored gelatin
1 c. flour	1/2 c. water
2 Tbsp. cornstarch	1 Tbsp. sugar
1 tsp. baking powder	1 c. halved strawberries
1/4 tsp. salt	ground toasted almonds

Preheat oven to 375 degrees. Beat eggs until foamy. Beat in sugar until thick and lemon-colored, then add water and vanilla. Mix flour, cornstarch, baking powder and salt. Fold into egg mixture. Divide batter among 3 greased and floured 8 inch layer pans. Bake until wooden pick inserted in centers comes out clean, about 10-15 minutes. Cool in pans 10 minutes; remove to wire racks and cool completely. Blend liqueur and lemon juice. Brush bottoms cakes generously with liqueur mix. (Cake can be prepared up to this point 24 hours in advance chill.)

Place one layer on serving plate, liqueur side up. Spread with thin layer whipped topping. Repeat with second layer. Top with third layer. Soften gelatin in 1/4 c. boiling water. In remaining water, stir in 1 Tbsp. sugar and softened gelatin until dissolved. Chill until mixture is consistency unbeaten egg whites. Arrange strawberries on top cake, spooning gelatin over berries. Spread remaining whipped cream on sides of cake; pipe rim of whipped cream around top edge. Sprinkle ground almonds around bottom layer. Refrigerate. Serves 12.

## FINNISH CHEESECAKE

1 c. all-purpose flour  
1 Tbsp. sugar  
1/2 tsp. baking powder  
1/4 c. butter  
1 egg, slightly beaten  
1 carton (8 oz.) creamed cottage cheese  
1/2 c. butter or oleo softened

## Finnish Cooking School

1/2 c. sugar  
3 eggs slightly beaten  
2 tsp. grated lemon peel  
1 Tbsp. lemon juice  
2 tsp. vanilla  
whipped cream  
stemmed cherries

RAHKATORTTU} Measure flour, 1 Tbsp. sugar and baking powder into small bowl; cut in 1/4 c. butter until mixture resembles fine crumbs. Mix in egg until crumbly dough is formed. Press dough firmly in bottom and 1 inch up side greased layer pan 9x1 1/2 inch with removable bottom.

## FINNISH CHEESECAKE (Continued)

2. Heat oven to 350 degrees. Place cottage cheese in blender container; cover. Blend until smooth. Beat in 1/2 c. butter. Measure 1/2 c. sugar, 3 eggs, lemon peel, lemon juice and vanilla into mixture in blender; cover. Blend until smooth. Pour filling into crust.

3. Bake cheesecake until filling is set and crust is light brown, 40 to 45 minutes. Cool on wire rack. Before serving, remove side of pan; garnish cheesecake with large dollop whipped cream and cherries. Serves 8. April 1977 Finnish Cooking School at Extension building.

### CHILLED ASPARAGUS

Oriental Cooking School

1 lb. asparagus	1 1/2 tsp. sugar
2 1/2 c. boiling water	2 Tbsp. oil
2 Tbsp. soy sauce	

Cut off tough white part asparagus. Cut into diagonal slices. Put in pan and pour on boiling water. Bring back to boil and cook 2 minutes. Drain and cool under cool water. Mix together soy sauce, sugar, and oil; pour over asparagus. Chill 1/2 hour before serving. Serves 4.

April 16, 1981.

### SWEET AND SOUR RADISHES

Oriental Cooking School

small radishes	4 tsp. vinegar
1 1/2 tsp. salt	2 1/2 Tbsp. sugar
4 tsp. soy sauce	2 tsp. oil

Wash, drain and dry radishes. Trim ends. Partly crush each radish, BUT, make sure they remain whole. Sprinkle with salt, mix well and allow to stand 10 minutes. Mix together soy sauce, vinegar, sugar and oil. Toss radishes in dressing. Serve cold.

April 16, 1981.

### VEGETABLE APPETIZERS

Oriental Cooking School

2 - 10 oz. pkg. pea pods	1 tsp. oil
1/2 lb. fresh mushrooms	2 stalks celery

Heat oil in wok or fry pan, add pods and mushrooms. Stir until tender. For variation stir fry celery for 1 minute. Add pinch salt and cook 2 minutes longer. Can serve pea pods and mushrooms alone and celery alone as we did at cooking school at Jackson Twp. Fire hall in 1981.

## MUSHROOM SOUP

## Oriental Cooking School

1 clove garlic, sliced  
4 tsp. oil  
1/4 lb. fresh mushrooms  
1 slice fresh ginger

6 c. chicken stock  
salt to taste  
pinch sesame oil  
green onions

Saute garlic in hot oil, remove.

Saute onions and mushrooms - 5 minutes. Add ginger and chicken stock, bring to boil; then simmer for one hour. Remove ginger. Add salt and few drops sesame oil. Stir well and serve immediately.

Serves 6.

April 16, 1981

## EGG ROLLS

## Oriental Cooking School

1 lb. bean sprouts  
1/4 lb. diced onion  
1/4 lb. fine cut meat  
1/4 lb. diced shrimp  
1/2 lb. sliced bamboo  
shoots  
2 oz. peanut butter

1 tsp. salt  
1/2 tsp. Accent (optional)  
1/2 tsp. garlic powder  
1/2 tsp. soy sauce  
dash pepper  
egg roll wrappers

Hot Mustard Sauce:

3 Tbsp. dry mustard  
2 Tbsp. flour

1/2 tsp. salt

Separate Egg Roll Wrappers (3 in each set). Put 2 heaping Tbsp. filling in each wrapper. DO WRAPPERS TO PKG. DIRECTIONS.

Cook meat and shrimp in oil until brown. Saute bean sprouts and bamboo shoots. Spread all ingredients and mix WELL, with peanut butter. Put in wrappers and roll up. Moisten edge wrapper to seal. Fry at 325 degrees until golden brown.

Hot Mustard Sauce:

Mix mustard, flour, salt and enough water to thin or thick as wanted. April 16, 1981 Oriental Cooking School at the Jackson Twp. Fire Dept.

## CHICKEN ORIENTAL

1/3 c. flour  
1/4 tsp. nutmeg  
1/4 tsp. grated ginger-  
root

## Oriental Cooking School

2 chickens, skinned, par-boiled,  
deboned and cut up

Continued.....

## CHICKEN ORIENTAL (Continued)

### Sauce:

1 can chunk pineapple  
(20 oz. drained)  
SAVE JUICE  
1/4 c. soy sauce  
2 Tbsp. sugar

2 tsp. garlic salt  
3 carrots cut coin size  
1 green pepper in strips  
3 oz. blanched almonds

Brown pineapple in pan and set aside.

Blend flour, nutmeg, gingerroot -- coat chicken and brown well in skillet.

Stir sauce ingredients in remaining flour from chicken. Pour over chicken. Bake 350 degrees for 1 hour. Add browned chunk pineapple. Serves 8.

April 16, 1981.

### SESAME COOKIES

Oriental Cooking School

2 c. plain flour  
1/2 c. sugar  
1/2 c. butter  
3 tsp. water

1 tsp. oil  
1 egg  
sesame seeds

Sift flour and sugar. Add butter, water, sesame oil and egg. Mix well. Roll on floured board until 1/8 inch thick cut into round cookies 1 inch. Firmly press sesame seeds on one side. Bake 350 degrees for 10 minutes.

April 16, 1981 Oriental Cooking School at Jackson Twp. Fire Dept.

### ALMOND DESSERT

Oriental Cooking School

1 1/4 c. heavy cream  
4 Tbsp. sugar  
3 3/4 c. water  
2 1/2 Tbsp. gelatin

2 1/2 Tbsp. cool water  
1 tsp. almond extract  
1 pkg. blanched almonds  
finely chopped

Mix milk, sugar and water in saucepan and heat until sugar dissolves. DO NOT BOIL!

Mix gelatin with cold water in large bowl. Pour hot liquid over gelatin and stir until gelatin dissolves. Add almond extract and chopped almonds. Pour into shallow pans. Chill until set. Cut into small servings. To make pretty put marinated oranges slices on each serving. Serves 4 to 6.

April 16, 1981.

## HAROSETH (huh-ROHS-uhth)

## Passover Seder Cooking School

2 tart unpeeled apples,  
finely chopped  
1/2 c. ground walnuts

3 Tbsp. Passover wine  
3 Tbsp. honey  
1/4 tsp. ground cinnamon

Is served as appetizer. Haroseth means "sweet like freedom". It symbolizes the building mortar used by Jewish slaves - A glass of red wine was always poured for the Prophet Elijah. The door was left open through the meal and when the door was closed there was thought to be less wine in the glass. So the Prophet Elijah was said to have visited the home. Combine all ingredients; let stand 1 hour. Makes 2 c. April 15, 1982 Passover Seder Cooking School at Trinity Lutheran Church.

## MATZO BALLS

## Passover Seder Cooking School

1 c. matzo meal  
1 tsp. salt  
dash pepper

4 slightly beaten eggs  
1/4 c. chicken fat  
1/4 c. carbonated water

These light-textured dumplings are delicious served alone. In mixing bowl combine matzo meal, salt and pepper. Beat in eggs and chicken fat till well blended. Stir in carbonated water. Cover and chill at least 2 hours. With wet hands, shape dough into 1 inch balls. Carefully drop dough into gently boiling salted water. Cover; simmer 30 minutes or till matzo balls test done.

(They should be light and cooked all the way through.) DO NOT UNCOVER POT TIL END OF COOKING. Remove carefully with slotted spoon. Serve in hot chicken soup. Makes about 30 balls. April 15, 1982 Passover Seder Cooking School at Trinity Lutheran Church.

## MATZO BALL SOUP

## Passover Seder Cooking School

5 lb. stewing chicken  
2 1/2 qt. water  
2 onions, diced  
1 leek, sliced  
3 ribs celery, sliced  
salt and pepper to taste

2 carrots, sliced  
2 parsnips, sliced  
4-5 parsley sprigs  
4 fresh dill heads or 1/4 tsp.  
dried dill weed (optional)  
1 recipe matzo balls

Cook chicken in water in large Dutch oven. Remove meat from bones, dice meat and return to broth with prepared vegetables. Bring to boil, reduce heat and simmer, covered, until vegetables are tender. Add parsley and dill, if desired. Serve in deep bowls with matzo balls floating in soup. Serves 15. This was the second course of our Seder meal. Good!

## ORANGE GLAZED CHICKEN WITH MATZO-NUT STUFFING Passover Seder Cooking School

1/3 c. each chopped onion, celery, almonds	1/2 tsp. salt
1/3 c. chicken fat	1/8 tsp. pepper
1/3 c. matzo or 2 1/2 c. farfel	5-6 lb. chicken
1 can condensed chicken broth	1 tsp. shredded orange peel
1 egg	1/2 c. orange juice
1 Tbsp. shredded orange peel	2 Tbsp. honey
	2 Tbsp. chicken fat
	red grapes
	parsley

Cook chicken until tender. De-bone. Cook onion, celery and almonds in chicken fat until vegetables are tender. Add coarsely crushed matzo or farfel. In large bowl combine chicken broth, egg, 1 Tbsp. orange peel, salt and pepper. Add matzo mixture and blend well. Let stand 15 minutes to absorb broth. Place in 13x9 pan. Cover dressing with large pieces chicken. Cover with foil. Bake at 375 for 1 hour. Combine remaining orange peel, orange juice, honey and 2 Tbsp. chicken fat. Baste with glaze last 1/2 hour roasting. Garnish with grapes and parsley. Serves 8.

### SPINACH MATZO PIE

Passover Seder Cooking School

6 - 10 oz. pkg. frozen spinach	2 tsp. nutmeg
1 medium onion, chopped	1 tsp. pepper
1/2 c. oleo	12 eggs
2 tsp. salt	2 matzo crackers
2 tsp. sugar	2 eggs

Serves 15. Can be halved. Use same size pan but bake for 40 minutes. In large sauce pan cook spinach without water, covered over low heat until thawed. Drain spinach. Press out all excess liquid. Return spinach to pan. Stir in onion, oleo and seasonings. Cook until onion is tender. Cool slightly. Turn into large mixing bowl. Beat 12 eggs one at time, into spinach mixture with electric mixer. Turn into 13x9 baking dish. Beat remaining eggs. Dip whole matzo crackers in beaten eggs. Overlap matzos in center spinach mixture. Bake in 350 oven for 50 minutes or until filling is set.

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## FARFEL PUDDING

3 eggs  
1/4 c. sugar  
2 c. farfel or 4 matzo  
crackers, coarsely  
crushed  
2 c. cream-style cottage  
cheese

## Passover Seder Cooking School

1 c. dairy sour cream  
1/3 c. oleo melted  
1/2 c. raisins  
1/2 c. apricot preserves  
1/2 c. finely chopped walnuts  
2 Tbsp. sugar  
1 tsp. ground cinnamon

This apricot and raisin flavored dessert is good served warm or cold. In mixing bowl beat eggs till light; gradually beat in 1/4 c. sugar till fluffy. Soak farfel in cold water; squeeze out excess water. Add farfel, cottage cheese, sour cream, oleo, raisins and preserves to egg mixture; blend well. Turn into 12x7 1/2 x 2 inch baking dish. Mix nuts, sugar and cinnamon. Sprinkle atop farfel mixture. Bake in 350 degree oven for 40 to 45 minutes. Serve warm or cool.

Makes generous 10 to 12 servings.

April 15, 82 Passover Seder Cooking School at Trinity Lutheran Church.

## FRUIT TZIMMES (TSIM-uhs)

## Passover Seder Cooking School

22 oz. mixed dried fruit  
2 c. water  
1/2 c. dry white passover  
wine  
3 inch stick cinnamon  
1 Tbsp. orange peel cut in  
thin strips

1 c. orange juice  
1/3 c. honey  
1/4 c. lemon juice  
1/4 tsp. ground all spice  
1/4 tsp. ground ginger  
1/4 tsp. ground cinnamon

This dish also makes delicious dessert compote; make it ahead and chill till serving time. In 3 qt. saucepan combine mixed dried fruits, water, wine and stick cinnamon. Bring to boil; reduce heat. Simmer, covered, 15 to 20 minutes or till fruit is tender. With slotted spoon transfer fruit to bowl. Discard cinnamon stick. Add orange peel to liquid in sauce pan; simmer 2 to 3 minutes. Stir in orange juice, honey, lemon juice, allspice, ginger and ground cinnamon. Return fruit to saucepan; heat to boiling. Remove from heat; cool to room temperature. Serve at room temperature or chilled. If desired, drain fruit before serving. Serves 10. April 15, 1982. Passover Seder Cooking School at Trinity Lutheran Church.

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## OVEN TEMPERATURE CHART

Slow . . . . .	250 degrees - 325 degrees F.
Moderate . . . . .	325 degrees - 375 degrees F.
Moderate hot . . . . .	375 degrees - 425 degrees F.
Hot . . . . .	425 degrees - 450 degrees F.
Very hot . . . . .	450 degrees - 475 degrees F.

BREADS		Minutes	Temperature
Loaf . . . . .		50-60	400
Rolls . . . . .		20-30	400
Biscuits . . . . .		12-15	450
Muffins . . . . .		20-25	400
Popovers . . . . .		30-40	425
Corn bread . . . . .		25-30	400
Nut . . . . .		50-60	350
Gingerbread . . . . .		30-40	325

PIES		Minutes	Temperature
Pumpkin . . . . .		35-45	400
Two-crust . . . . .		25-40	400
Shells . . . . .		10-12	450
Meringue . . . . .		10-15	300

COOKIES		Minutes	Temperature
Drop . . . . .		10-15	400
Rolled . . . . .		8-12	400
Ice box . . . . .		8-12	400
Molasses . . . . .		10-15	350

CAKES		Minutes	Temperature
Angel . . . . .		60	325
Sponge . . . . .		60	325
Cup . . . . .		25	350
Layer . . . . .		25-30	375
Loaf . . . . .		45-60	350
Sheet . . . . .		20-30	375
Pound . . . . .		60-90	325

MEAT AND POULTRY		Minutes	Temperature
Beef, rare . . . . .		20 min. to lb.	300
Beef, medium . . . . .		25 min. to lb.	300
Beef, done . . . . .		30 min. to lb.	300
Pork . . . . .		40 min. to lb.	350
Ham, smoked . . . . .		30 min. to lb.	300
Mutton . . . . .		35 min. to lb.	300
Veal . . . . .		35 min. to lb.	325
Chicken . . . . .		25 min. to lb.	350
Duck . . . . .		25 min. to lb.	350
Turkey, large . . . . .		20 min. to lb.	275
Turkey, small . . . . .		25 min. to lb.	300
Fish . . . . .		20 min. to lb.	375

MISCELLANEOUS		Minutes	Temperature
Custard cup . . . . .		20-30	300
Custard casserole . . . . .		45-60	300
Souffle . . . . .		50-60	325
Baked potato . . . . .		60-90	400
Baked beans . . . . .		6 hours	350
Timbales . . . . .		35-45	300
Rice Pudding . . . . .		50-60	325
Scalloped potato . . . . .		60-90	375

## TIME CHART FOR ROASTS

### Kind:

Minutes per lb. after searing:

Beef — rare — 10-16 . . . . medium — 17-22 . . . . well done — 23-30

Veal, pork, lamb — well done — 30 . . . . Cured pork — well done — 40-55

**Broiling:** Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

**Pan broiling:** Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

## TIME TABLE FOR BROILING AND PAN BROILING

### Kind of Meat:

Time in Minutes:

Beef steaks — 1-inch thick . . . . .	Rare or medium, 8-10
1 1/2-inch . . . . .	Rare or medium, 10-15
2-inch . . . . .	Rare or medium, 18-25
Pork chops, thin — 8-10 . . . . .	Loin or shoulder — 8-10
Mutton chops 1-inch thick — 15-20 . . . . .	Veal cutlets, very thin — 6-8 . . . . .
	Chops — 10

**Sauteing or pan frying:** Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

**Tender Meat Cookery:** Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

## TEMPERATURES FOR BAKING FLOUR MIXTURES

Food	Temperature	Time (Min.)
Baking powder biscuit . . . . .	450 degrees to 460 degrees	12-15
Bread . . . . .	350 degrees to 400 degrees	45-60
Butter cake, loaf . . . . .	360 degrees to 400 degrees	40-60
Butter cake, layer . . . . .	380 degrees to 400 degrees	20-40
Cake, angel . . . . .	300 degrees to 360 degrees	50-60
Cake, sponge . . . . .	300 degrees to 350 degrees	40-60
Cake, fruit . . . . .	275 degrees to 325 degrees	3-4 hours
Cookies, thin . . . . .	380 degrees to 390 degrees	10-12
Cookies, molasses . . . . .	350 degrees to 375 degrees	18-20
Cream puffs . . . . .	300 degrees to 350 degrees	45-60
Meringues . . . . .	250 degrees to 300 degrees	40-60
Muffins (b. p.) . . . . .	400 degrees to 425 degrees	20-25
Pie crust . . . . .	400 degrees to 500 degrees	20-40
Popovers . . . . .	350 degrees to 450 degrees	35-40
Rolls. . . . .	400 degrees to 425 degrees	25-30

## TABLE FOR COOKING CEREALS

Kind and Amount	Salt	Water	Time in double boiler
Cream of wheat, 1 cup . . . . .	1 1/2 tsp. . . . .	4 c. . . . .	40 minutes
Corn meal, 1 cup. . . . .	1 1/2 tsp. . . . .	4 c. . . . .	3 1/2 hours
Rice, 1 cup. . . . .	1 tsp. . . . .	3 c. . . . .	40 minutes
Hominy (coarse) . . . . .	1 tsp. . . . .	5 c. . . . .	3 hours
(fine). . . . .	1 1/2 tsp. . . . .	4 c. . . . .	2 hours
Rolled oats, 1 cup . . . . .	1 tsp. . . . .	2 1/2 c. . . . .	1 hour
Cracked wheat, 1 cup. . . . .	1 tsp. . . . .	4 c. . . . .	4 to 6 hours

## TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots . . . . .	About 40 minutes . . . . .	1/4 c. for each c. fruit
Figs . . . . .	About 30 minutes . . . . .	1 Tbsp. for each c. fruit
Peaches . . . . .	About 45 minutes . . . . .	1/4 c. for each c. fruit
Prunes. . . . .	About 45 minutes . . . . .	2 Tbsp. for each c. fruit

## SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin . . . . .	1 c. milk . . . . .	1 Tbsp. flour . . . . .	1 Tbsp. . . . .	1/2 tsp. . . . .
No. 2 medium. . . . .	1 c. milk . . . . .	2 Tbsp. flour . . . . .	1 1/2 Tbsp. . . . .	1/2 tsp. . . . .
No. 3 . . . . .	1 c. milk . . . . .	3 Tbsp. flour . . . . .	2 Tbsp. . . . .	1 tsp. . . . .
No. 4 thick. . . . .	1 c. milk . . . . .	4 Tbsp. flour . . . . .	2 1/2 Tbsp. . . . .	1 tsp. . . . .

Use No. 1 sauce for cream soups.  
 Use No. 2 sauce for creamed or scalloped dishes or gravy.  
 Use No. 3 sauce for souffles.  
 Use No. 4 sauce for croquettes.

## VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles. . . . .	30		
Artichokes, French . . . . .	40	45-60	
Beans, Lima, depending on age. . . . .	20-40	60	
Beans, string. . . . .	15-45	60	
Beets, young with skins on . . . . .	45	60	70-90
Cabbage, chopped, cut sectional. . . . .	10-20	25	
Cauliflower, stem down . . . . .	20-30		
Carrots, cut across . . . . .	20-30	40	
Chard . . . . .	60-90	90	
Celery, cut in lengths 1/2 inch . . . . .	30	45	
Corn, green, tender . . . . .	5-10	15	20
Cucumbers, peeled and cut . . . . .	20	30	40
Eggplant, whole . . . . .	30	40	45
Onions . . . . .	45	60	60
Parsnips. . . . .	60	75	75
Peas, green . . . . .	20-40	35-50	
Peppers . . . . .	20-30	30	30
Potatoes, depending on size . . . . .	20-40	60	45-60
Pumpkin, in cubes . . . . .	30	45	60
Potatoes, sweet. . . . .	40	40	45-60
Salsify. . . . .	25	45	
Spinach. . . . .	20	30	
Squash in cubes. . . . .	20-40	50	60
Tomatoes, depending on size . . . . .	5-15	50	15-20
Turnips, depending on size . . . . .	30-60		

## MEASUREMENTS, EQUIVALENTS AND METRIC

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

## THE APPROXIMATE METRIC CONVERSION

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft <sup>3</sup> )	cubic meters (m <sup>3</sup> )	0.03
cubic yards (yd <sup>3</sup> )	cubic meters (m <sup>3</sup> )	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m <sup>3</sup> )	cubic feet (ft <sup>3</sup> )	35
cubic meters (m <sup>3</sup> )	cubic yards (yd <sup>3</sup> )	1.3

## CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread . . . . .	230 degrees to 234 degrees
Soft ball . . . . .	234 degrees to 238 degrees
Medium ball . . . . .	238 degrees to 244 degrees
Firm ball . . . . .	244 degrees to 248 degrees
Hard ball . . . . .	248 degrees to 254 degrees
Very hard ball. . . . .	254 degrees to 265 degrees
Light crack. . . . .	265 degrees to 285 degrees
Hard crack . . . . .	290 degrees to 300 degrees

## TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies

234-236 degrees, soft ball

Fondants (mints, etc.) . . . . . 234-236 degrees, soft ball

Marshmallows. . . . . 238-240 degrees, soft ball

Caramel mixtures . . . . . 246-252 degrees, firm ball

Taffies. . . . . 254-270 degrees, hard ball

Butterscotch. . . . . 280-300 degrees, crack

Brittles . . . . . 290-310 degrees, hard crack

Boiled frostings:

1 egg white to 1 c. sugar — 238-242 degrees, soft ball or thread

2 egg whites to 1 c. sugar — 244-248 degrees, soft ball or thread

3 egg whites to 1 c. sugar — 254-260 degrees, firm ball or long thread.

## TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake . . . . .	275-325 degrees - 40 minutes to 1 hour
Loaf cake . . . . .	325-350 degrees - 40 minutes to 1 hour
Cup cakes . . . . .	350-375 degrees - 15 to 25 minutes
Layer cake . . . . .	375-400 degrees - 20-30 minutes

## FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

## ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey . . . . .	3 to 4 hours
8 to 12-lb. turkey . . . . .	4 to 5 hours
12 to 16-lb. turkey . . . . .	5 to 6 hours
16 to 20-lb. turkey . . . . .	6 to 7½ hours
20 to 24-lb. turkey . . . . .	7½ to 9 hours

### Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10 . . . . .	325 degrees F . . . . .	4 to 4½
10 to 12 . . . . .	325 degrees F . . . . .	4½ to 5
12 to 14 . . . . .	325 degrees F . . . . .	5 to 5½
14 to 16 . . . . .	325 degrees F . . . . .	5½ to 6
16 to 18 . . . . .	325 degrees F . . . . .	6 to 6½
18 to 20 . . . . .	325 degrees F . . . . .	6½ to 7½
20 to 24 . . . . .	325 degrees F . . . . .	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

### (Half Turkeys)

3½ to 5 . . . . .	325 degrees F . . . . .	3 to 3½
5 to 8 . . . . .	325 degrees F . . . . .	3½ to 4
8 to 12 . . . . .	325 degrees F . . . . .	4 to 5

### (Foil Wrapped Turkeys)

8 to 10 . . . . .	450 degrees F . . . . .	2½ to 2½
10 to 12 . . . . .	450 degrees F . . . . .	2½ to 3
12 to 16 . . . . .	450 degrees F . . . . .	3 to 3½
16 to 20 . . . . .	450 degrees F . . . . .	3½ to 3½
20 to 24 . . . . .	450 degrees F . . . . .	3½ to 3½

## INGREDIENT SUBSTITUTIONS

1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.  
1 1/2 cups (approximately) all-purpose flour equals 2 cups cake flour.  
2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.  
1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.  
1 cup raw rice equals 3 cups of cooked rice, approximately.  
1 1/2 cups corn syrup equals 1 cup sugar plus 1/2 cup of water.  
2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.  
2 cups ground meat (tightly packed) equals 1 pound.  
3 cups ground meat (loosely packed) equals 1 pound.  
2 1/2 cups raisins equals 1 pound.  
3 cups coarsely chopped nuts equals 1 pound.  
1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.  
1/2 teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.  
2 cups equal 1 can (tall)  
2 1/2 cups equals No. 2 can  
3 1/2 cups equals No. 2 1/2 can  
1 lemon (medium) equals 3 tablespoons juice  
1 orange (medium) equals 1/2 cup juice  
2 Tablespoons shortening equals 1 ounce.

## TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp . . . . .	teaspoons	3 t. . . . .	1 T.
T. or Tbsp . . . . .	tablespoons	16 T . . . . .	1 c. (4 T.-1/4 c.; 8 T.-1/2 c.)
c . . . . .	cup	2 cups . . . . .	1 pint
pt. . . . .	pint	2 pints . . . . .	1 qt.
qt. . . . .	quart	4 qt . . . . .	1 gal.
lb. . . . .	pound		

## MEASURE OF FRUITS AND NUTS

1 pound dates measure about 2 cups  
1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3 1/2 to 3 3/4 cups  
1 pound dried apples measure about 5 cups  
1 pound cut-up candied fruit peel measures about 3 cups  
1 pound shelled almonds or Brazil nuts measure about 3 cups  
1 pound shelled walnuts or pecans measure about 4 cups

## HERB PLANTS FOR FLAVOR AND FRAGRANCE

1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
6. Coriander - Ground seeds used in breads, cookies, cheese.
7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
12. Orange Bergamont Mint - Use in meat cookery, mint jelly and iced beverages.
13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

## HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

## COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

### AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans Dried	Same as above 3 lbs.	6 lbs.	12 lbs.
Beans, string fresh frozen canned	5-6 lbs.	10-12 lbs.	20-24 lbs.
	5-12 oz. pkgs. 5 #2 cans or 1 #10 can	3-40 oz. pkgs. 2 #10 cans	6-40 oz. pkgs. 4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn canned frozen	6-3 oz. cans 1 #10 can 5-12 oz. pkgs.	2 #10 cans	4 #10 cans
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

## SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

### REGULAR TIMING

15 to 30 minutes . . . . .	1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes . . . . .	3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours . . . . .	4 to 6 hours on high* or 8 to 16 hours on low*

\*High = 275 to 350 degrees F

### SLOW COOKER

\*Low = 180 to 190 degrees F. (pots vary)

TO TEST COOKER TEMPERATURE-TIMING Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than 3 hours to boil add cooking time.

FOR SAFETY Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

TO SERVE CROCKERY COOKING Garnish with parsley, carrot curls, crushed corn chips, tomatoes, sauces, olives, pimentos, mint leaves, lemon or orange slices.

ADDITIONAL CROCKERY COOKING HINTS Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a bun warmer.

## MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and spatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

### ADDITIONAL USES

1. Warm pancake-waffle syrup
2. Clarify sugared honey.
3. Heat pie and hot ice cream ala mode.
4. Dry herbs - mint, parsley, onion, pepper, sage, etc.
5. Peel tomato or peaches - split skin.
6. Warm citrus fruits for more juice.
7. Melt chocolate, cream cheese, butter.
8. Make jelly, jam, preserves, etc.
9. Heat baby bottle.
10. Reheats leftovers without warmed over flavor.
11. Freshens bread.
12. Baked foods need less leavening.
13. Dries flowers.
14. Dry decoupage - painting.
15. Dry girdle or panty hose.
16. Easy for a child to learn and use.
17. Helps handicapped or elderly.

## COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinate - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Sauté - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.

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